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Cheyenne & Arapaho
TRIBAL TRIBUNE

CHEYENNE & ARAPAHO TRIBES

Volume 5, Issue 3 | Nov. 1, 2009 | 50 cents

Gubernatorial candidates address key tribal issues

By Dana Attocknie, Managing Editor

The Cheyenne and Arapaho Tribal College (CATC) helps educate all tribal members with its second gubernatorial forum.

The forum was held at 6:30 p.m. Oct. 28, 2009 at the Southwestern Oklahoma State University Fine Arts building in Weatherford, Okla. Making the Cheyenne and Arapaho tribes' general election for governor is incumbent Gov. Darrell Flyingman and Janice Boswell. Running for lieutenant governor with Flyingman is Nelson Clark and Boswell's running mate is Leslie Wandrie.

"One of them will be our leader for the next four years," CATC President Dr. Henrietta Mann said. "I want to be an informed voter … and just as you, I am concerned about our future."

The lieutenant governor candidates were both in attendance, but were not made part of the forum to answer questions. Candidates for governor answered four prepared questions and four questions from the audience. The prepared questions dealt with job security for tribal members at the casinos and within tribal programs, recommendations to amend the tribes' Gaming Revenue Allocation Plan (GRAP), improvements for the elder care program and addressing suicide among the youth.

Boswell said she would update personnel policies, ensure employees would have due process (if a problem arises) and promote tribal preference. Flyingman said he understands tribal member preference, however, employees also need qualifications for their jobs along with being able to pass a drug test and being punctual to work.

When it comes to GRAP, Boswell said she would open up the Office of Records management for tribal members and would amend GRAP so the tribal college could receive a certain percentage of money. She said her and Wandrie are about accountability and transparency.

"We will make sure that all money is accounted for," Boswell said.

Flyingman also spoke about allocation of funds for education and a line item for the tribal college. He said the tribes money is accounted for, and there's been an allocation plan for a number of years, but said funds were not being used for what they were intended for.

The elders receive 16 percent of all gaming revenue, Boswell said, and she wants to implement an elder committee that would meet once a month to hear the needs of elders and find out what they "want to spend their money on." She also said she would meet with the legislators to pass a resolution and mentioned there are many grandparents raising their grandkids.

Flyingman spoke about the culture and heritage program and how the tribes recently were removed from a "high risk" status.

Both candidates agreed on the severity of suicide and its effects on Indian country. Boswell said counseling should be set up and she would work with education programs to reach out and meet each student. She also suggested counseling help for people with disabled kids and people who take care of the elders.

"We want to make sure everyone gets healthy," she said.

Flyingman mentioned prevention programs initiated by the National Congress of American Indians (NCAI) and the Department of Human Services (DHS). He said back in the day not many people committed suicide, but in today's society he thinks that drugs and alcohol play a role. He suggested prevention programs that could be implemented in head start, and both the communities and parents need to be involved. He said there are many kids that have

See candidates, page 6

Photo by Dana Attocknie

Larry Echo Hawk addresses tribal leaders on Oct. 23, 2009 at the Pawnee Nation Wellness Center in Pawnee, Okla.

Echo Hawk visits tribal leaders

By Dana Attocknie, Managing editor

Larry Echo Hawk listens to and learns from Oklahoma and Kansas tribal leaders.

Echo Hawk, the Department of Interior's assistant secretary of Indian Affairs, carved out a full day to attend a listening conference on Oct. 23, 2009 at the Pawnee Nation Wellness Center in Pawnee, Okla.

The day began with the city of Pawnee, the Pawnee Nation College and the state of Oklahoma proclaiming Oct. 23, 2009 as Larry Echo Hawk day.

"I think it's a real honor to have Larry here with us," Pawnee Nation President George E.

See Echo Hawk, page 12

The heart of a WARRIOR

Happy Veteran's Day
Nov. 11, 2009

By Dana Attocknie, Managing Editor

As a high school student Francine Worthington asks her father if she could join the Army. Her father is adamant and the answer is no.

"I wanted to serve my country," Worthington, now 61, said. "I wanted to do it at that time as a warrior … a female warrior."

Although Worthington didn't get to serve her country in a military uniform, she has served the country and its veterans in many other ways that people often think she's a veteran.

"That's my passion," Worthington said.

Her connection with veterans started at home since her father, grandfather, aunt and brothers are all veterans. In school she wrote letters to soldiers in Vietnam and people at her class reunions have remembered her for that. Worthington cried when she spoke about one veteran whom everyone thought was going to die. He said he imagined she was by his bedside praying for him.

In reality, Worthington has and continues to do much more than pray. As a member of Rolling Thunder, a nonprofit group dedicated to informing people about POW/MIA issues, she is part of the Patriot Guard and goes to the airport to honor fallen soldiers returning home then escorts the families to the funeral home.

By her side is her husband Wayne, a Vietnam era veteran. Together they were both amazed when they saw their first Rolling Thunder demonstration ride in Washington, D.C. She told her husband, "I'm not going to sit on the sidewalk and watch this. We're going to be a part of this."

"From that day we were hooked," Worthington said. "We've been involved ever since."

They joined Rolling Thunder's Oklahoma Chapter 3. Her most memorable trip with Rolling Thunder is when some Vietnam veterans, who were suffering from Post Traumatic Stress Disorder (PTSD) asked them to accompany them to the Vietnam Veterans Memorial in Washington, D.C.

"It was like a burden had lifted off them," she said. "(First) You saw these very angry, hurt military veterans … after all those years it was a healing process for them. For them to carry that burden, for us to see them … they became my brothers at that point."

Other times in D.C. have been rowdier. She remembers a Gathering of Eagles (GoE) - a time when protestors planned to deface war memorials in D.C. and they went to stand guard.

"They're (protestors) hollering terrible, terrible things at the veterans. It was just awful," Worthington said. She had her husband linked on one side of her and a retired Navy commander on the other side. They returned yells saying, "Come on over here, we'll take you on."

Before that Worthington said she only watched protests and now she was involved. She's also been involved by helping veterans as part of her career.

Her employment with the Oklahoma Employment Security Commission and the U.S. Department of Labor placed Worthington in key positions to help veterans one-on-one and talk to leaders such as former president Bill Clinton, former Secretary of State Gen. Colin Powell, and former Secretary of Labor Elaine Chao.

"Whenever I talk to anybody about anything ... I talk about veterans," Worthington said. "I used every opportunity."

Worthington also continued to write letters to veterans. During Desert Storm she mailed ten letters overseas and received one response from Gary Berndt of Alaska. He visited her once and they continue to keep in touch via e-mail.

She has also traveled to the Vietnam Veterans National Memorial in Angel Fire, N.M. for the Memorial Day program. She makes sure veterans are taken care of at veterans' centers, helps veterans in other countries, helps with

See heart, page 10

Wayne and Francine Worthington

Flyingman elected for second NCAI term

From the Office of the Governor

Recently, Gov. Darrell Flyingman was reelected, by acclamation, as area vice president for the southern plains region of Oklahoma, Kansas and Texas at the 66th annual National Congress of the American Indians (NCAI) held in Palm Springs, Calif. Flyingman was elected for a second term to represent 24 tribes located in the Oklahoma, Kansas and Texas regions.

NCAI, was founded in 1944

See NCAI, page 8

By Rosemary Stephens, Reporter/Graphic Artist

H1N1, two letters and a number are fast becoming a household word.

"We're only in the second phase or wave of this virus," Jane Nickel, Clinton Indian Hospital infection control spokeswoman, said. "The first wave was back in April, May and June and then we had a small reprieve … now we are in the second wave of this virus."

Nickel said with each wave the virus mutates and comes back with more strength and vehemence and that's why the virus has been classified as a pandemic. She said the difference between an epidemic and a pandemic is an epidemic is localized such as a town or building and a pandemic reaches worldwide and does so within a couple of months.

"The key thing for health care workers is to try and slow it down and stop it from jumping to each person. Every time it jumps to another person it mutates and gets meaner and meaner each jump it makes," Nickel said.

Local clinics are taking precautionary measures to protect patients who do not have the virus. The Clinton Indian Hospital is requiring everyone to wear a mask in the waiting rooms and they have placed anti-bacterial dispensers in several locations.

"We have two separate waiting areas for the patients at the Clinton Indian Hospital, but as of right now we aren't forcing patients who have flu-like symptoms to segregate themselves … only requesting that they do. We also implemented mandatory mask wearing for all medical personnel that went into affect Oct. 9," Nickel said.

The Oklahoma City Indian Clinic has rearranged their patient appointments in an effort to keep the H1N1 virus contained. They are seeing patients with flu-like symptoms in the afternoon until after the flu season. The remainder of the patients are being scheduled for morn-

See H1N1, page 14

Photo by Rosemary Stephens

Alex Montez, a second grader at Rose Witcher Elementary in El Reno, Okla. lays quietly at the El Reno Indian Clinic waiting to see the doctor.

CHEYENNE AND ARAPAHO VETERANS

Compliments of the
Cheyenne and Arapaho Tribal Tribune

Allen Redbird, Sr.
U.S. Army
Kingfisher, Okla.

Alton Lewis Harrison, Sr.
U.S. Marine Corp
Clinton, Okla.

Amaris Sweezy
U.S. Navy
Greenfield, Okla.

Arleigh Rhoads
U.S. Marines
Clinton, Okla.

Charles F. Haag
U.S. Navy
Calumet, Okla.

Clarence Tallbull
U.S. Navy
Kingfisher, Okla.

Curtis J. Levi
U.S. Army
Geary, Okla.

Cyrus Packer
U.S. Army Air Corp.
Clinton, Okla.

Donna Grace Hawk-West
U.S. Army
Norman, Okla.

Edward Krapcha
U.S. Army Reserve
El Reno, Okla.

Fred Allrunner
U.S. Air Force
Thomas, Okla.

Freeman Hawk
U.S. Navy
Hammon, Okla.

Harvey Pratt
U.S. Marines
El Reno, Okla.

Henry Limpy
U.S. Army
Seiling, Okla.

Herman Mickey Hawk
U.S. Army
Hammon, Okla.

John Albert Hawk
U.S. Army
Norman, Okla.

John C. Redbird
U.S. Marines
Kingfisher, Okla.

John W. Tallbear
U.S. Marines
El Reno, Okla.

Lance V. Wells
U.S. Navy
El Reno, Okla.

Leslie Hawk
U.S. Army
Clinton, Okla.

Mark E. Two Babies
U.S. Army
Watonga, Okla.

Martin D. Goodblanket
U.S. Army/U.S. Navy
Clinton, Okla.

Michael Kodaseet
U.S. Army
Geary, Okla.

Murray Rhoads
U.S. Marines
Clinton, Okla.

Nelson Wolfchief, Jr.
U.S. Army
El Reno, Okla.

Nelson Wolfchief, Sr.
U.S. Air Force
El Reno, Okla.

Rollin Haag, Sr.
U.S. Navy
Calumet, Okla.

Sam Hart
U.S. Marines/U.S. Navy
El Reno, Okla.

Verna Rusheen Warden
U.S. Army
Clinton, Okla.

Virginia Lynn Hawk
U.S. Army
Norman, Okla.

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Oklahoma Press Association member

Native American Journalist Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Annex, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.

Newspapers per copy - 50 cents; Annual subscription rate - $25; Enrolled C & A tribal members - FREE.

DEADLINES: *The Tribal Tribune is published on the 1st and 15th of each month. The deadline for the 1st issue is the 23rd of the previous month and the deadline for the 15th issue is the 8th of that month.*

Making Christmas wishes come true

Photos by Rosemary Stephens

Top: The Cheyenne and Arapaho tribes' Indian Child Welfare program distribute information from their booth during the charity bingo.

Right: The Cheyenne and Arapaho tribes' employees participate in the charity bingo.

By Rosemary Stephens, Reporter/Graphic Artist

Imagine a child waking up on Christmas morning, running to the Christmas tree and finding no toys or gifts from Santa Claus.

The Cheyenne and Arapaho tribes' Indian Child Welfare (ICW) program is working hard to make sure that doesn't happen to approximately 30 children within their child welfare system.

"These kids don't have a lot and we want to try and make this year's Christmas party and gift giving the best yet," Carmen Verser, Cheyenne and Arapaho Social Services officer, said. "We are trying to raise enough funds this year to have a moonwalk and face painting for the kids … this will be the first time we've done this."

This will be the third year the ICW staff members have raised money and gifts for a Christmas party for the children within the child welfare system.

As the years have passed so has the number of children that are placed in temporary homes, foster care and temporary shelters.

"This year we have had a lot of

See Christmas, page 8

Bringing hope through giving

By Rosemary Stephens, Reporter/Graphic Artist

Volunteers bustle about carrying food, clothing and furniture to Cheyenne and Arapaho tribal members' vehicles.

"Without all the volunteers and the donations we receive we couldn't help half of the Native American communities we help," Dr. Jerry Mash, of Mission Native America ministry, said.

On Oct. 16, 2009 the Mission Native America ministry filled the Frisco Center in Clinton, Okla. full with furniture, clothing and food for Cheyenne and Arapaho tribal members.

Mary Jo Higgins, Cheyenne district three legislator, contacted Mash and Dr. Jerry Swallow, Cheyenne and Sioux, to tell them about the needs of the Cheyenne and Arapaho elders and tribal members living in the Clinton and surrounding areas.

"We have given food, clothing and furniture to tribal members living in Hammon, Watonga, Seiling and Fonda and when Mary Jo called, we immediately began plans to have a donation distribution here in Clinton," Swallow, of Mission Native America ministry, said.

Mission Native America has provided assistance to many Native American communities across the United States for the past ten years. Swallow first saw the need to help Native American communities when he noticed the per capita income levels of Native Americans were some of the poorest in the country.

"I was first inspired to reach out to Indian communities when I was contacted by the Riverside Indian School in Anadarko, Okla. They told me that some of their students there didn't even know what Christmas was about and the majority of the students came from dysfunctional homes," Swallow said.

Photos by Rosemary Stephens

Volunteers give out food to Cheyenne and Arapaho tribal members.

Dr. Jerry Mash shows volunteers where to bring the food in. Food was delivered to tribal members on Oct. 6, 2009 in Clinton, Okla.

In 1997, through the Mission Native America network, students at the Riverside Indian School received donations for their first Christmas. From there Swallow and Mash joined together along with hundreds of volunteers to begin a donation ministry to all tribes across the United States.

Mission Native America also donated the furniture for the Cheyenne and Arapaho Independent Living Center in Clinton, Okla. and strives to assist elders in any way they can, Swallow said.

"Advance Meats donated over 15,000 pounds of food along with Bar S Ranch and Feed the Children organization donated

See giving, page 6

The 2008 financial, compliance audit report a milestone

By Bill West, Treasurer

The Cheyenne and Arapaho tribes received the best single audit report in their history on Sept. 29, 2009. This marks the overall financial improvement that the tribes have experienced for the past three years and the improvement in financial accounting procedures and systems that have occurred over the same period.

Flyingman has been committed to eliminating fraud, embezzlement, abuse, theft, and any other wrong doing that has been allowed by past Business Committees under the old constitution.

This commitment has resulted in the Treasury Department establishing solid internal controls throughout the tribes in order to prevent fraud and abuse, as well as hiring qualified personnel to properly account for all funds.

In order to accomplish this objective, Tax Commission records had to be reconstructed from bank statements from 1998 through 2006, since supporting records had disappeared under the administration of prior Business Committees.

Also, in the process, many accounting and program procedures were modified or corrected to become compliant with federal guidelines and generally accepted accounting principles. The tribes no longer receive an adverse opinion in any areas and most of the governmental functions are receiving unqualified opinions, which are the best audit opinions anybody can receive.

In 2005, the General Fund, Bureau of Indian Affairs Fund, Indian Health Services Fund, Aggregate Remaining Funds,

See audit, page 7

Public Notice

Cheyenne, Arapaho tribes Hazard Mitigation Plan

The Cheyenne-Arapaho tribes Procurement, Grants & Contract Office applied for and received a grant through Oklahoma Emergency Management Office from FEMA, to develop a Tribal Hazard Mitigation Plan. Mitigation planning identifies actions to reduce or eliminate the long-term risk to human life and property from the effects of natural hazards.

The regulation for developing a Hazard Mitigation Plan is the following:

"On Oct.30, 2000, the president signed into law the Disaster Mitigation Act of 2000, also known as DMA 2000. DMA 2000 streamlines the delivery and utilization of disaster recovery assistance. DMA 2000 places increased emphasis on local mitigation planning. It requires local governments to develop and submit mitigation plans as a condition of receiving Pre-Disaster (PDM) and Hazard Mitigation Grant Program (HMGP) project grants."

The tribe has been affected by natural hazard disasters such as ice storms, tornadoes, wild fires, and floods. The assistance for individual aid (IA) may be available to tribal members depending on circumstances but assistance to the Tribe as a government is limited without having an approved Hazard Mitigation Plan. Pre-disaster mitigation measures, such as early warning systems or safe room/shelters, need to be incorporated in a Hazard Mitigation Plan for the Tribe to apply for grant assistance to purchase and implement such measures.

A draft final of the Cheyenne-Arapaho Hazard Mitigation Plan will be available for public review and comment from Nov. 1 to 30, 2009 in the Procurement, Grants & Contracts Office at the Concho Tribal Complex, 100 Red Moon Circle, El Reno, Okla.

PROGRAM PROFILE

Cheyenne, Arapaho Tribes Head Start program

The Cheyenne and Arapaho tribes Head Start program will operate a center based program, four days per week, five hours per day at three centers with eight classrooms. The Cheyenne and Arapaho tribes of Oklahoma Head Start program is funded for 133 children.

The program operates three centers located in the towns of Canton, Concho, and Clinton. The Concho Center (57 children) and Clinton (45 children) center operates three classrooms and the Canton Center (31 children) operates two classrooms for a total of eight classrooms. The program provides center-based Head Start services in a part day, part year program option.

Classes are held Monday through Thursday from 9 a.m. to 2 p.m. The program provides transportation for all enrolled children.

HEAD START HAS BEEN AWARDED THE FOLLOWING GRANTS:

ANA Language Grant - Approved

ACF-Head Start COLA ARRA & QI GRANT - Approved $ 94,627.00

ACF Head Start Expansion Grant- Pending $242,947.00

Census 2010 – Head Start – Approved $3,000.00

Head Start – One-Time Program Improvement $113,308.00

Head Start – One-Time Training and Technical Assistance-Approved $ 79,296.00

Head Start Body Start Play Space Grant – Approved $4,999.28

CACFP/USDA Food Program Application – Pending $43,704.35

Head Start Philosophy

The Cheyenne and Arapaho tribes of Oklahoma Head Start program's philosophy is that every child, regardless of their cultural background, needs an environment that provides them with the opportunity to develop to their maximum potential.

The Cheyenne and Arapaho tribes Head Start program will dedicate itself to providing a comprehensive early child development program for eligible preschool children that is reflective of the culture of the families and communities of the Cheyenne and Arapaho tribes.

The program will include an environment to enhance each child's social/emotional development, cognitive development, physical development, and language development in English and their native language.

In addition, Head Start supports the processes to strengthen families and extended family members as the primary nurturers and educators of their children.

The program will bring a greater degree of social competence to all children and families to enable them and empower them to become strong, independent and self-sufficient by providing all children and families with the education, health and nutritional services needed to learn and succeed.

The 2009/2010 school year enrollment is:

Canton Head Start center is at enrollment of 31 children. They have a waiting list of 12 children.

Clinton Head Start center is at full enrollment of 45 children. They have 17 children on their waiting list.

Concho Head Start Center enrollment is 56 children. They have a waiting list of 19.

The Head Start program accepts applications throughout the year. We do have children drop and slots open, so we encourage you to fill out an application so your child can be placed on our waiting list.

The Head Start Program is in need of volunteers; please call our office or centers if you're interested in volunteering.

Administrative office
(405) 422-7635

Director – Colette Berg
(405) 990-4662

Canton Head Start Center
(580) 886-2817

Center Supervisor –
Shelene Washington
(580) 445-4233

Clinton Head Start Center
(580) 331-2362

Center Supervisor –
Terri Hines
(580) 445-4229

Concho Head Start Center
(405) 422-7647

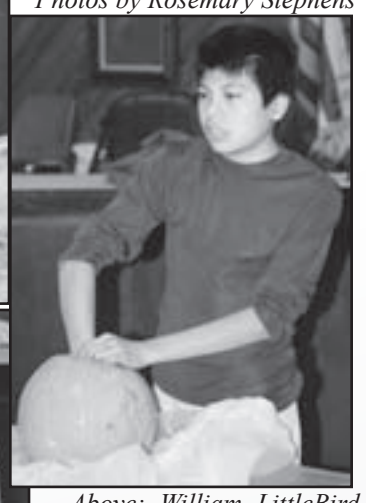
Center Supervisor –
Leanna Balbuena
(405) 990-3945

Web site:
http://www.c-a-tribes.org/head-start

Tribal Tidbits

Left: Eddie Blackwolf focuses on his pumpkin design.

Photos by Rosemary Stephens



Above: William LittleBird cleans the inside of a pumpkin.

Left: Jeremiah Goodblanket works on his pumpkins.

The Cheyenne and Arapaho tribes' Workforce Investment (WIA) office held pumpkin carving activities for some of the summer youth workers on Oct. 15, 2009 during fall break.

The participants also helped to decorate the main tribal complex area for Halloween.

Left: Carol Levi volunteers to help fix Indian tacos at the tailgate party.

Photos by Rosemary Stephens

Above: Bri Proctor, Katherine Blackwolf and Carley Meat help to fix Indian taco plates.

Left: Mary Monetathchi, El Reno Indian Education Club director jumps in to help serve taco meals.

The El Reno High School Indian Education Club sponsored an Indian taco tailgate party on Oct. 15, 2009 at Adams Park in El Reno, Okla.

Money collected from the sale of the tacos will be used for the club's end of the year activities.

Submitted information and photo

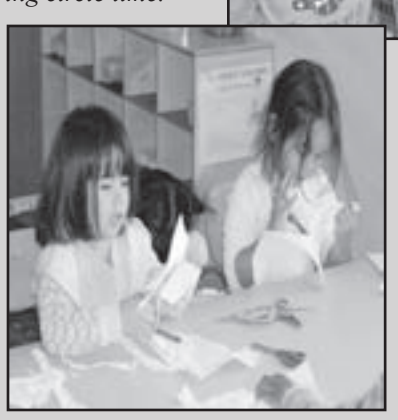
Accepting the preservation award was Alden Miller, National Park Service, Anthony Addision, Northern Arapaho, Alexa Roberts, National Park Service, Layha Spoonhunter, Northern Arapaho, Joe Fox, Jr., Northern Cheyenne, Gordon Yellowman, Sr., Cheyenne Chief, Lisa Frost, National Park Service, Richard Williams, Cheyenne and Arapaho legislator and Harvey Spoonhunter, Northern Arapaho chairman.

The National Trust/Advisory Council on historic Preservation Award for Federal Partnerships in Historic Preservation was awarded to the Cheyenne and Arapaho tribes on Oct. 13, 2009 in Nashville, Texas.

The tribes received the award for their involvement with establishing two historic sites, co-designing the facilities and collaborating on management and education advice for Bents Fort, the Washita Battlefield historic site and the Sand Creek Masscre national historic site.

Left: The Cheyenne and Arapaho Clinton head start students learn about firemen and their uniforms.

Below: Daime Alvarado and Ann Marie Cometsevah cut our circles during circle time.



Above: Mykel Ford, Auretha Cly and Monica Chapman enjoying playing during center time.

Submitted information and photos

Live stream provided for White House Tribal Nations Conference

Submitted article

President Barack Obama is inviting Native American leaders to a White House conference on Nov. 5, 2009.

Healthcare is of primary concern among the Native American people, a group suffering from poorer medical care and higher crime rates than the general public; a group often overlooked.

The president states he wants to learn how his administration can meet the needs of the Native American people in order to improve the standard of living for this population.

The White House said each of the 564 federally recognized tribes in the U.S. would be invited to send one representative to the White House Tribal Nations Conference.

MyTribeTV.com will be the exclusive streaming provider for this first time ever event. The event will be streamed live at **http://tribalsummit.mytribetv.com.**

This unique opportunity is a way for the Native American community to connect with federal and tribal leaders on important issues that can benefit the lives of all who live in Indian Country.

MyTribeTV is a Native American owned business, based in Seattle Wash., that specializes in streaming live and on-demand content on the Internet. MyTribeTV in partnership with the Department of the Interior – Office of Indian Energy and Economic Development, has streamed several events across the country.making information easily available to Native Americans everywhere. For more information about MyTribeTV visit www.mytribetv.com.

Cheyenne, Arapaho tribes 2007 Economic Impact Study

From the Office of the Governor

The Cheyenne and Arapaho tribes have occupied some or most of nine counties in western Oklahoma since 1869. The 2007 Economic Impact Study released this year demonstrates how the tribes and their neighbors have benefited from this tribal residency in the first decade of the new millennium. The Economic Impact Study was performed by WHPacific of Mesa, Ariz. The study identifies the impacts of the tribes economic attributes on the State of Oklahoma as well as the nine-county area in terms of jobs, financial contributions, and other benefits.

Impacts to the State of Oklahoma

•The total tribal economy created a total net economic impact of $245.4 million and created over 2300 new jobs.

•Federal, state, and tribal administrations created a total net economic impact of $85.4 million and created over 900 jobs.

•The casino enterprises created a total of $100.8 million in total net economic impacts on Oklahoma, with the creation of over 1000 jobs.

•The smoke shops created a total net economic impact of $5.3 million and 58 new jobs.

•Allotted land income created a total of $17.5 million net economic impact and 124 jobs within Oklahoma.

•Per capita distribution created a total net economic impact of $6.7 million and 56 new jobs.

Impacts to the nine county service area – study also shows the tribal economy.

Regionally, the tribal economy substantially impacted the nine counties of Beckham, Blaine, Canadian, Custer, Dewey, Ellis, Kingfisher, Roger Mills, and Washita.

•Tribal economy (includes the federal, state, and tribal administrations, casino enterprises, smoke shops, per capita distributions, and allotted land income combined) created a total of $174.1 million in total net economic impact outputs in the region, and over 1800 jobs within the nine-county service area.

•Federal, state, and tribal administrations created a total net economic impact of $62.8 million and created over 692 jobs in the service areas.

•The casino enterprises created a total of $85.1 million in total net economic impacts in the nine-county area, with the creation of over 903 jobs.

•The smoke shops created a total net economic impact of $5.7 million and 105 new jobs.

Cheyenne and Arapaho tribes continue to build the capacity to diversify their business infrastructure and to grow as a sovereign nation, building a strong tribal economy for future generations. The generation of this document is one of the ways in which the tribes are demonstrating a more progressive method of performing as a tribal government.

For more information, contact Office of Planning and Development at (405) 422-7620.

Information sought on lieutenant governor candidate

Submitted information

On Oct. 20, 2009 a petition for ex-parte temporary emergency injunction was filed, via Cheyenne and Arapaho tribes Trial Court Case No. CIV-2009-0108, by Teresa Dorsett, in her own capacity, vs. Fred Blackbear, Cheyenne and Arapaho Election Commission chairman.

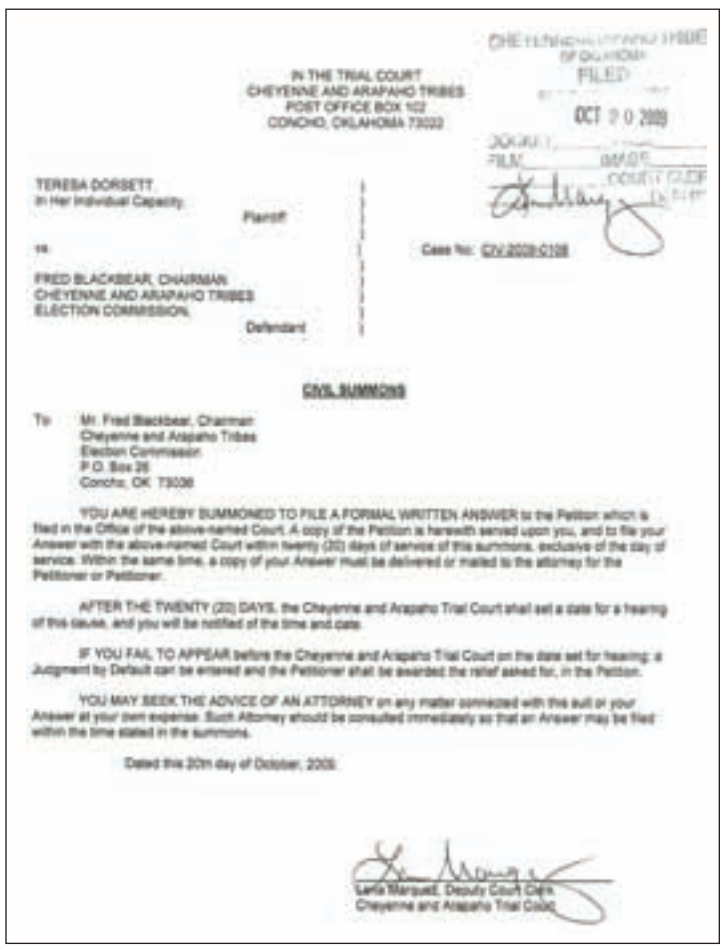
The court documents ask for a temporary emergency injunction on the election commission so general election ballots will not be mailed until the court makes a decision on what an "accredited school" is. The interpretation is sought because the plaintiff, Dorsett, states she has questioned the election commission twice as to whether lieutenant governor candidate Nelson Clark actually possesses a degree from an accredited university.

The court document cites Article VII, Section 3(a) of the tribe's constitution, which states the prerequisites to run for governor or lieutenant governor are for a candidate to be at least 35 years old, enrolled in the tribes and have "at least a bachelor's degree from an accredited school."

The court document states Dorsett approached Blackbear on July 1, 2009 and Oct. 19, 2009 for verification of Clark's degree. Dorsett cites Blackbear as saying, "the degree was indeed from an accredited university and if it wasn't, Mr. Clark would not be on the ballot." Blackbear could not remember where the degree was from, according to the document regarding the first inquiry. The second time Dorsett asked for confirmation, the court document states that Blackbear said he could not release the university name due to confidentiality.

Dorsett cites Article VII, Section 3 of the tribe's constitution and rule #6 D (2) of the tribes election commission rules and regulations when she states that the only candidate information considered confidential is the criminal history report and not a person's alma mater, since an accredited degree is required for eligibility.

One of the 13 exhibits attached to the court document is an Oct. 16, 2009 e-mail from a group called Elders Against Greed, Lies & Embezzlement (EAGLE). The e-mail states Clark possesses a degree from Rochville University and attached a question and answer print out from the school's Web site. The e-mail states, "they are an accredited university," and "this appears to be a frivolous attempt to further stall the election and cause disruption of our government."



IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
POST OFFICE BOX 167
CONCHO, OKLAHOMA 73022

FILED
OCT 20 2009

TERESA DORSETT
In Her Individual Capacity,
Plaintiff
vs.
FRED BLACKBEAR, CHAIRMAN
CHEYENNE AND ARAPAHO TRIBES
ELECTION COMMISSION,
Defendant

Case No. CIV-2009-0108

CIVIL SUMMONS

To: Mr. Fred Blackbear, Chairman
Cheyenne and Arapaho Tribes
Election Commission
P.O. Box 26
Concho, OK 73036

YOU ARE HEREBY SUMMONED TO FILE A FORMAL WRITTEN ANSWER to the Petition which is filed in the Office of the above-named Court. A copy of the Petition is herewith served upon you, and to file your Answer with the above-named Court within twenty (20) days of service of this summons, exclusive of the day of service. Within the same time, a copy of your Answer must be delivered or mailed to the attorney for the Petitioner or Petitioner.

AFTER THE TWENTY (20) DAYS, the Cheyenne and Arapaho Trial Court shall set a date for a hearing of this cause, and you will be notified of the time and date.

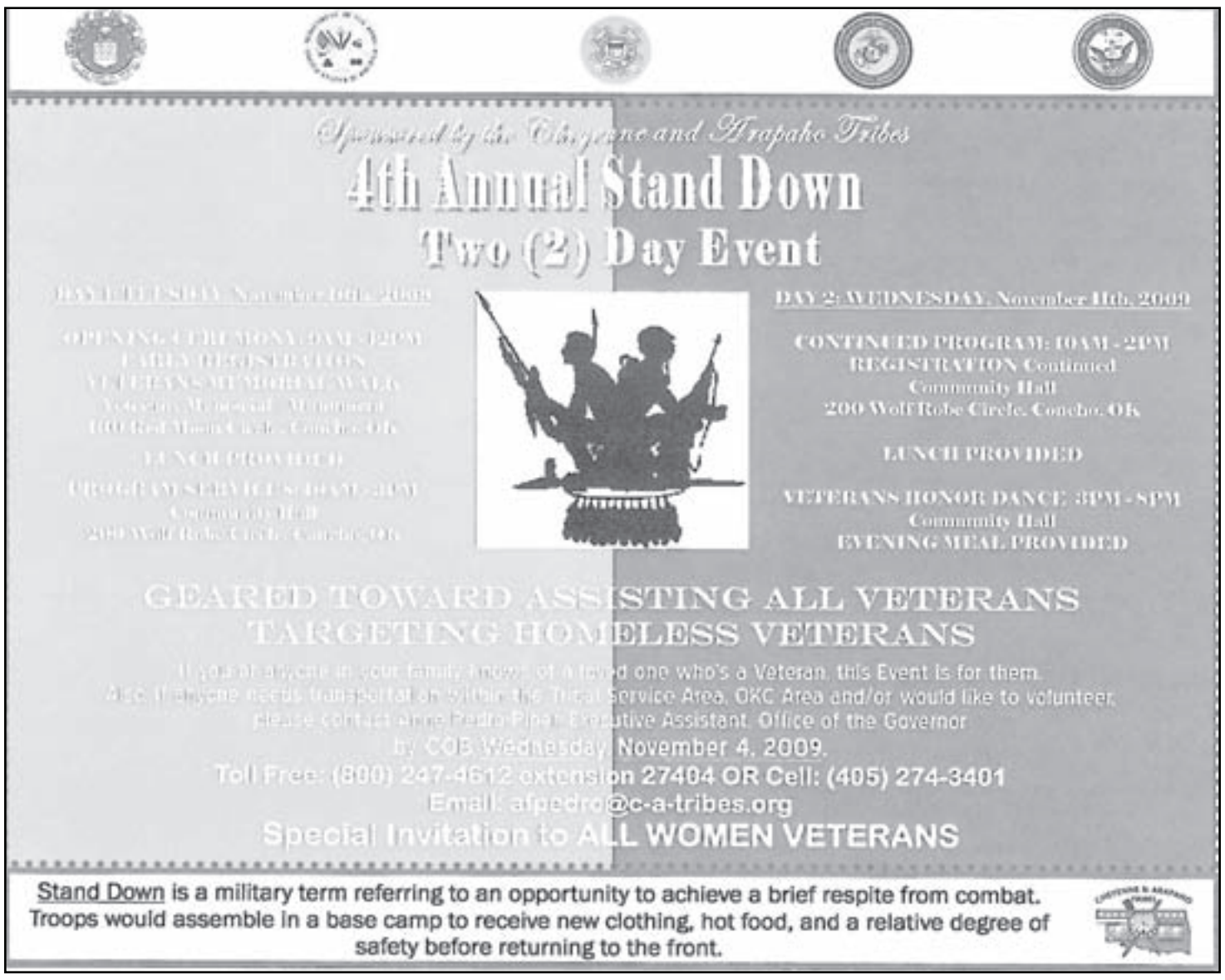
IF YOU FAIL TO APPEAR before the Cheyenne and Arapaho Trial Court on the date set for hearing, a Judgment by Default can be entered and the Petitioner shall be awarded the relief asked for, in the Petition.

YOU MAY SEEK THE ADVICE OF AN ATTORNEY on any matter connected with this suit or your Answer at your own expense. Such Attorney should be consulted immediately so that an Answer may be filed within the time stated in the summons.

Dated this 20th day of October, 2009.

Leila Marquez, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

See Information, page 12



Sponsored by the Cheyenne and Arapaho Tribes

4th Annual Stand Down

Two (2) Day Event

DAY 1: TUESDAY, November 10th, 2009

OPENING CEREMONY: 10AM - 12PM
EARLY REGISTRATION
VETERANS MEMORIAL WALK
Veterans Memorial Monument
100 Red Moon Circle, Concho, OK

LUNCH PROVIDED

PROGRAM SERVICES: 10AM - 3PM
Community Hall
200 Wolf Robe Circle, Concho, OK

DAY 2: WEDNESDAY, November 11th, 2009

CONTINUED PROGRAM: 10AM - 2PM
REGISTRATION Continued
Community Hall
200 Wolf Robe Circle, Concho, OK

LUNCH PROVIDED

VETERANS HONOR DANCE: 3PM - 5PM
Community Hall
EVENING MEAL PROVIDED

GEARED TOWARD ASSISTING ALL VETERANS
TARGETING HOMELESS VETERANS

If you or anyone in your family, know of a loved one who's a Veteran, this Event is for them.
Also, if anyone needs transportation within the Tribal Service Area, OKC Area and/or would like to volunteer,
please contact Anna Pedro Pipestem, Executive Assistant, Office of the Governor
by COB Wednesday, November 4, 2009.
Toll Free: (800) 247-4612 extension 27404 OR Cell: (405) 274-3401
Email: afpedro@c-a-tribes.org
Special Invitation to ALL WOMEN VETERANS

Stand Down is a military term referring to an opportunity to achieve a brief respite from combat. Troops would assemble in a base camp to receive new clothing, hot food, and a relative degree of safety before returning to the front.

General Election Candidates

Governor/Lt. Governor
Janice Boswell/Leslie Wandrie
Darrell Flyingman/Nelson Clark

Cheyenne District Two
Clifton Ellis
Rollin E. Hamilton

Cheyenne District Four
Pete Salinas
Fiona Whiteskunk

Arapaho District One
Jane Nightwalker
Richard D. Williams

Arapaho District Two
Michael Kodaseet
Christine Morton

Polling sites

Each poll site will be open from 7 a.m. to 7 p.m. - - Must show current, valid photo I.D. - No COPIES of photo I.D. accepted.

The C-1 Poll Sites are:
Watonga Public Library, Watonga
Longdale Community Center, Longdale
Seiling Indian Community Center, Seiling

The C-1 voters registered with a Watonga, Hitchcock, Fay or Oakwood address will vote at the Watonga Poll Site.

The C-1 voters registered with a Canton, Longdale, Southard or Okeene address will vote at the Longdale Poll Site.

The C-1 voters registered with a Seiling, Camargo, Vici or Arnett address will vote at the Seiling Poll Site.

The C-2 Poll Sites are:
Concho Community Building, Concho
Geary Indian Community Building, Geary
County Fairgrounds, Kingfisher

The C-2 voters registered with an El Reno or Concho address will vote at the Concho Poll Site.

The C-2 voters registered with a Geary or Calumet address will vote at the Geary Poll Site.

The C-2 voters registered with an Okarche, Kingfisher or Loyal address will vote at the Kingfisher Poll Site.

The C-3 Poll Sites are:
Servants Heart Church, Weatherford
Koinonia Mennonite Church, Clinton
Thomas Senior Citizen Center, Thomas

The C-3 voters registered with a Weatherford, Corn, or Colony address will vote at the Weatherford Poll Site.

The C-3 voters registered with a Clinton, Arapaho, Bessie, Rocky or Cordell address will vote at the Clinton Poll Site.

The C-3 voters registered with a Thomas, Custer City, Putnam or Taloga address will vote at the Thomas Poll Site

The C-4 Poll Sites are:
Hammon Senior Citizen Center, Hammon
Indian Baptist Church, Elk City

The C-4 voters registered with a Hammon, Butler, Leedey, Cheyenne and Raydon address will vote at the Hammon Poll Site.

The C-4 voters registered to vote with an Elk City, Sayre, Carter, Canute, Burns Flat, Foss, Sweetwater and Dill City address will vote at the Elk City Poll Site.

The A-1 Poll Sites are:
Watonga Public Library, Watonga
Canton Community Center, Canton
Seiling Indian Community Center, Seiling

The A-1 voters registered with a Watonga, Hitchcock, Fay or Oakwood address will vote at the Watonga Poll Site.

The A-1 voters registered with a Canton, Longdale, Southard or Okeene address will vote at the Canton Poll Site.

The A-1 voters registered with Seiling, Camargo, Vici, or Arnett address will vote at the Seiling Poll Site.

The A-2 Poll Sites are:
Concho Community Building, Concho
Geary Indian Community Building, Geary
County Fairgrounds, Kingfisher

The A-2 voters registered with an El Reno or Concho address will vote at the Concho Poll Site.

The A-2 voters registered with a Geary or Calumet address will vote at the Geary Poll Site.

The A-2 voters registered with an Okarche, Kingfisher or Loyal address will vote at the Kingfisher Poll Site.

The A-3 Poll Sites are:
Servants Heart Church, Weatherford
Koinonia Mennonite Church, Clinton

The A-3 voters registered with a Weatherford, Corn, Thomas, Custer City, Putnam, Taloga or Colony address will vote at the Weatherford Poll Site.

The A-3 voters registered with a Clinton, Arapaho, Bessie, Rocky or Cordell address will vote at the Clinton Poll Site.

The A-4 Poll Sites are:
Indian Baptist Church, Elk City

The A-4 voters registered with a Hammon, Butler, Leedey, Cheyenne, Raydon, Elk City, Sayre, Carter, Canute, Burns Flat, Foss, Sweetwater, and Dill City address will vote at the Elk City Poll Site.

What's your vision? - Part II

The following e-mail was sent on Oct. 19, 2009 to general election candidates and through the Cheyenne and Arapaho tribes' global distribution e-mail that reaches all tribal employees.

Submissions were received from Christine Morton, Clifton Ellis, Michael Kodaseet and Darrell Flyingman:

Candidates have already introduced themselves and provided a brief synopsis of their platform, education, family and experience.

Now the candidates, who will be on the ballot in the next Cheyenne and Arapaho tribes general election on Nov. 3, 2009, are invited to let the voters know ***what their No. 1 concern is for the tribes** then ***provide specific details on how they will implement positive changes for their No. 1 concern.**

Candidates have a 300-word limit and must only answer to the two questions provided.

If candidates wish to share more information not related to the two given questions, advertising space can be purchased.

Submissions will be published in the Nov. 1, 2009 issue. The deadline for submissions is Oct. 23, 2009.

The Tribal Tribune reserves the write to edit submissions for grammar, clarity, content and length. Hearsay and libelous information will not be printed.

Submissions can be sent to dattocknie@c-a-tribes.org, mailed to the Cheyenne and Arapaho Tribal Tribune, P.O. Box 38, Concho, OK 73022, or delivered to the Tribal Tribune office in Building 1 at Concho.

If candidates do not deliver their information in person, they need to provide contact information for verification purposes, otherwise the submission will not be published. If you have any questions, please feel free to call me at (405) 422-7608. Thank you.

Q: What is your No. 1 concern for the tribes?

Provide specific details on how you will implement positive changes for your No. 1 concern.

A: **Question**: As candidates in the Cheyenne and Arapaho tribes election what is our No. 1 concern for the tribes?

Answer: The potential designation of 'High Risk' status for our tribes, which will jeopardize potential future funding.

Question: As governor and lt. governor how will you implement positive changes to ensure this does not occur?

Answer: For more than a decade our tribes remained on "High Risk" status. This status hindered our tribes from receiving much needed financial assistance over the years. It prevented us from obtaining grant money, placed us on suspension, we were labeled as having unsatisfactory performance and even received denial of service.

The loss of this money and the label that accompanied it resulted in the unfortunate shortage of funds for many of the vital programs that so many of our tribal members need to have quality of life.

Over those years our tribes lost funding that would have assisted programs such as elder care, education and health. We even ended up losing entire programs that should have been top priorities. During my current term as governor I have worked hard to not only remove the tribes from this "High Risk" status but also to keep us from returning to it.

A key component to prevent this from ever happening again is to make certain reports, including but not limited to, financial, progress, audits etc. are submitted in an efficient and timely manner. That those instructed in this task fully understand the gravity and scope of, not just their job but also their responsibility to every member of the tribes who is depending on them.

Darrell Flyingman

Clearly, we should all want to work together to help keep the tribes from this dilemma developing again. **"Cheyenne and Arapaho Tribes, One Vision, One Future."**

Gov. Darrell Flyingman and Nelson Clark

A: My name is Clifton Ellis and I am a candidate for the Cheyenne District 2 Legislative seat. My No. 1 concern for the tribes is education. Education is the most important intangible thing a human can have. This is whether it is in a college or a trade school setting. Classroom knowledge gives people ammunition to improve the tribe and their self.

We as a tribe need to take another look at the Gaming Revenue Allocation Plan and re-assess the distribution amounts in order to start striving for the goal of ensuring our tribes are educated.

We only have a certain amount of government and tribal funds to try and accomplish the goal of educating our people and to keep our tribe in stride with rest of the world.

We need to allocate more resources from not only gaming, but taxes (Tax Commission) also. We need to develop real income by using our land base to bring in economic opportunities to aid in this quest. The tribe needs to search for every federal grant available.

Current funding from the U.S. government for our education programs is not up to the standards in which we need it to be.

We, as a tribe, need to re-assess our goals to serve the tribal members. We don't need to give up on our young tribal members. We need to pick them back up and give them a chance.

Young tribal members are very susceptible to all the influences out there. We as a tribe need to teach them or give them the tools while we have the chance with the income the tribe has today. We need them to learn for our future. We need to do this by looking at all different types of funding, including from our own pockets.

Clifton Ellis

A: Time has brought about change in our tribal government that contradicts our struggles to remain true to who we are as Cheyenne and Arapaho people. We voted for a pro Anglo-American constitution and now our tribal government mirrors the government of the United States. By doing this we have moved ourselves farther and farther away from our traditional laws and values and also jeopardized our status as a sovereign nation. It is time to take a hard look at what we have done and ask if our grandfathers and grandmothers would want us to submit to this form of government or would they rather have major issues decided by the Tribal Council.

In short, the Tribal Council must pass a resolution for a secretarial election conducted by the Bureau of Indian Affairs to revoke the current constitution and approve amendments to the old constitution for continuation of government administration of programs and services during the transitional period. The primary goal will be to develop a form of government based on a tribal council charter. I believe it could be done within a two year period. The old constitution had the Tribal Council meet once a year. That worked when the budget was small and revenue limited. In this new form, I would recommend the Tribal Council meet quarterly and that all department heads and council representatives submit detailed financial statements to the people at each meeting. Also, issues concerning conduct of all government officials could be addressed at council meetings and the decision of the council in all matters would be final. I believe our government needs to return to the people and I will work to make that happen. I ask for your support on Nov. 3, 2009.

Michael Kodaseet

Haho, Michael Kodaseet
Arapaho 2 legislative candidate

A: Tous, Hinono'ei no! (Hello, Blue Sky People!)

My purpose in running for the legislature is simple and sincere.

I want our tribes to move forward, to see open communication throughout our tribal government structure and most importantly with the tribal members. If we don't communicate with each other then we can't progress.

One of the most important concerns is the inability of our leaders to work together to get business done. The people elect legislators to office and the elected officials should concentrate on what the voters want.

Meetings of any sort should be conducted in a business like manner in order to do any good. Everyone has their own opinion and should be allowed to express him or herself. But, I think we listen better if personalities don't interfere and everyone sticks to the business being discussed; otherwise, we waste valuable time. We need our leaders to be able to compromise and work together for the benefit of our tribe!

It is my intent to serve the constituents of the A-2 District by working with the other district representatives to improve program services and to further the interests of the tribes by concentrating on real issues.

There are many priorities for the in-coming legislature such as health disparities, alcohol and substance abuse, unemployment and transportation, to name of few. If I am elected, I will work to rank these priorities so that we have a guide of what we need to accomplish. The people also want more jobs for their communities. In closing, I feel confident that I can do my part as a Legislator to represent not only the A-2 District, but the Cheyenne and Arapaho Tribes as a whole. I would appreciate your support and your vote for the A-2 Legislature Office.

Christine Morton

Hahou! (Thank You!) Christine Morton

General election schedule

NOV. 3, 2009 - GENERAL ELECTION DAY—Polls open from 7 a.m. to 7 p.m. - **MUST HAVE PHOTO ID -**

Nov. 12, 2009 - Absentee Ballots must be returned by mail to the Concho, Okla. Post Office no later than 3 p.m. / Election Commission counts the ballots after the close of voting

Nov. 13, 2009 - Preliminary results of the General Election are posted by 9 a.m.

Nov. 14, 2009 - Deadline to file a request for a recount—No later than 9 a.m. (Within 24 hours of the time the preliminary results of the General Election are posted) / Deadline to file written challenges to the General Election results—No later than 9 a.m.

Nov. 17, 2009 - Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the General Election—No later than 9 a.m.; General Election results are certified; and final results of the General Election are posted

Jan. 2, 2010 - Oath of Office administered by a Justice of the Supreme Court to all newly elected officials

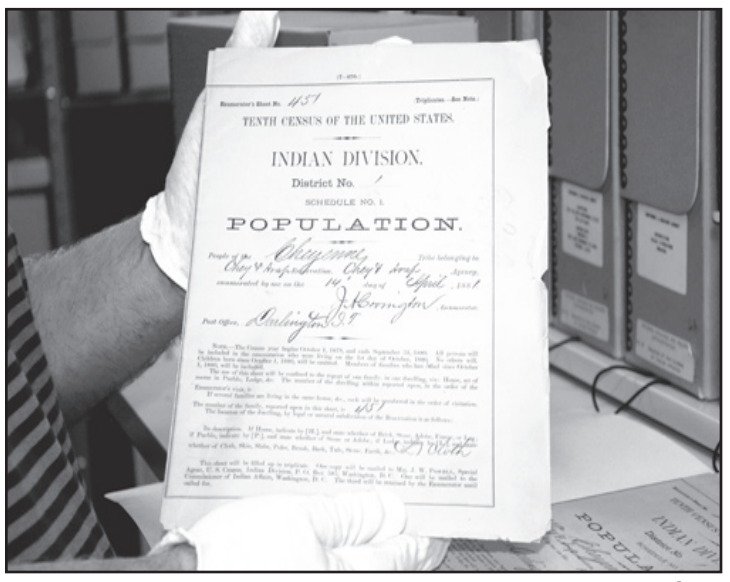
Stored treasures

By the Culture and Heritage program

They hold some of the Cheyenne and Arapaho tribes' most historic records; collecting, preserving, and sharing the history of Oklahoma, Oklahoma tribes and its people since before statehood. The Oklahoma History Center (OHC), a facility of the Oklahoma Historical Society is an 18-acre, 215,000 square-foot learning center, which offers a self-guided museum; exploring Oklahoma's history of geology, transportation, commerce, and culture. It is located at 2401 N. Laird Ave, in Oklahoma City.

On Oct. 14, 2009 the Culture and Heritage program partnered with the OHC and the Department of Libraries representing nine tribal programs and the Cheyenne and Arapaho Tribal College (CATC) - employees and students had the opportunity to explore Smithsonian quality exhibits, experience more than ten archival management topics and view official documents and information related to the Cheyenne and Arapaho people.

The majority of the collection contains records dated from post- Civil War to the late 1920s and cover subjects including: accounts, agents, agricultural leases, allotments, cattle, census, claims IIM, minerals, property, schools etc. The entire Indian Archives collection dates from 1860 to 1930 and includes several tribes.



Courtesy photo

While in training employees gained valuable knowledge on the importance of preserving, storing and restoring records and artifacts, which make up the rich culture and history of the tribe. The primary goal of the workshop was to assist the tribe with guidance and information, which would help in the planning and proposal of a tribal museum and/or a cultural center.

In 2008 the Culture and Heritage program completed a survey, compiled by tribal members to obtain information about their support of such a tribal facility. The response was highly favorable with 93.6 percent stating yes and 6.4 percent stating no.

The program challenges people to educate them self and their family on their rich and diverse history, by researching stories, spirits, triumphs and tragedies of Cheyenne and Arapaho people. To learn more about the OHC visit www.oklahomahistorycenter.org.

Maybe no new GED test in 2012, but GED ready for 20/20

GED Testing Service launching new initiative

Submitted article

The GED® Testing Service (GEDTS) has announced it will not introduce a new GED test on Jan. 1, 2012, as previously planned. Instead, GEDTS is launching a new initiative called GED 20/20, which will result in a test with more rigorous standards intended to make GED credential recipients' career-and-college-ready.

There is no planned release date for the new GED test. ProLiteracy, a professional adult education and literacy organization with whom the Cheyenne and Arapaho Adult Education program are members, will be closely monitoring the changes to the GED program in order to determine the impact on our membership and student base as well as on the customers of New Readers Press.

People are well aware of the economic challenges currently facing the U.S. This has contributed to renewed thinking about GED testing and its impact on the larger picture of the nation's educational and economic systems.

President Barack Obama recently asserted the need to graduate more high school students and to support their transition to postsecondary education or career training programs. To meet Obama's goal, the U.S. will need to produce an additional 1 million college graduates each year until 2020, which is why the new GED initiative is called GED 20/20. This changing national conversation on what it means to be a high school graduate and what is needed to be college and career ready has a direct impact on the GED Test.

As part of the revamped program, the GEDTS will be conducting a pilot for a computer-based test (CBT). The primary goal of the CBT pilot is to determine equivalency of CBT and paper-based testing. The GEDTS will also begin to understand how test-takers respond to technology in real time; how the process of registration can be made easier for test-takers; and how quicker access to reliable data and reporting can benefit the jurisdictions, the test-taker, and GEDTS.

For more information on how to get prepared for the GED Test, contact the Cheyenne and Arapaho Adult Education program at any of the following locations or call (800) 247-4612 x. 32340:

Adult Ed at Cheyenne and Arapaho Housing Authority, Clinton, Okla. (580) 331-2340, Adult Ed at Howard Goodbear Center, Watonga, Okla. (580) 623-2784, Adult Ed at Cheyenne and Arapaho Department of Education, El Reno, Okla. (405) 422-7564.

candidates

Continued from page 1

no direction.

The questions from tribal members dealt with law enforcement, sovereignty, why they chose to run for governor and campaign funding.

Flyingman said the tribes constitution states there should be a law enforcement department, and one is needed because the BIA cannot always get to locations throughout the tribes service areas right away, plus the casinos need an immediate response.

Boswell said she would meet with the legislators and if there is a valid resolution that enacts a law enforcement department she wanted to see the documentation.

When it came to campaign funding a question was directed to Boswell asking her who paid for her campaign advertising. It was alleged a little earlier in the meeting that Southwest Casino is backing her campaign.

Boswell neither confirmed nor denied the allegation, but said she would not disclose whom her contributors are for fear of them being retaliated against.

Flyingman said his campaign is funded by tribal members and from his own money.

Mann reminded voters at the conclusion of the forum that ended in a mild debate that, "when we go out that door we go out as relatives." She also reminded tribal members that they have a lot of power, and she has hope for the future and wants them to have hope too.

Cheyenne and Arapaho tribal members will vote in their general election on Nov. 3, 2009.

Spicy Hot Potato Soup

2 slices bacon
1 cup chopped carrots
1 cup chopped poblano chilies
1 cup chopped onion
2 tablespoons seeded and minced jalapeno pepper
3 cloves garlic, minced
1/2 teaspoon ground cumin
5 cups diced peeled baking potatoes
2 (14 1/2 ounces) cans fat-free chicken broth
1/2 teaspoon salt
1/3 cup flour
2 1/2 cups skim milk
5 ounces grated jalapeno cheddar
2 ounces light cheddar
2/3 cup chopped green onion

Cooking with commods

Preparation:
In large pot, cook bacon until crisp. Transfer to paper towel and set aside. Discard all but 1 tablespoon fat from pot.
Add carrots, poblanos, onion, jalapenos, garlic and cumin; sauté until golden brown. Add potatoes, chicken broth and salt. Bring to boil. Reduce heat to maintain gentle simmer, cover pot and cook for 25 minutes, or until potatoes are tender.
In bowl, gradually whisk milk into flour until mixture is smooth. Slowly whisk milk mixture into soup. Cook over medium heat, stirring occasionally, until soup is thickened, about 12 minutes.
Remove pot from heat. Add cheeses, stirring until melted.
Crumble reserved bacon. Ladle soup into bowls and top with bacon and green onion.

Elders, $100 Visa cards

Submitted article

For the elders who have not received their $100 Visa gift cards mailed on Sept. 25, 2009, should report this to the Elder Care program.

The Elder Care program will report the card lost or stolen to Visa, the gift card company, if the gift card still has a balance of $100.

Visa will replace the gift card to the Elder Care program and in return Elder Care will re issue a card to the elder.

If the gift card has been used, no replacement will be made. Replacements may take up to two weeks.

Elders should update their mailing addresses with the per capita office for any future mailings.

Man who bought bald eagle sentenced

(GRAND FORKS, N.D.) - A man who bought a bald eagle that was shot on the Spirit Lake Indian Reservation has been given two years probation.

Authorities said 52-year-old Kim Robertson pleaded guilty Monday to purchasing the bird from his brother, James. The 44-year-old James Robertson Sr., of Fort Totten, was sentenced to 10 months of work release after pleading guilty to shooting the bird and selling it.

Kim Robertson is a member of the Spirit Lake tribe but lives near New Town, on the Fort Berthold Reservation. Robertson's attorney, Joel Larson, said his client bought the bird and planned to use the feathers in a ceremonial war bonnet for a family member. Kim Robertson also must complete 60 hours of community service with the U.S. Fish and Wildlife Service.

Cheyenne and Arapaho Tribes Adult Education Program will be conducting a

GED Pre-Test Day
Woodward, Okla.
Friday, Nov. 6, 2009

Open to all Native Americans residing in the Cheyenne and Arapaho Service Area or Surrounding Communities

Must meet C&A Adult Education Program Requirements
U-18 must bring official OSDE u-18 release form signed
Bring copy of Certification Degree of Indian Blood or Tribal ID

For more information contact the Adult Education Program
(800) 247-4612 ext. 27564 or (405) 422-7564

Intertribal Timber Council scholarship

Deadline: At 5 p.m. PST Jan. 25, 2010 / Award: $2,000 for college students and $1, 500 for graduating senior high school students / Purpose: The Truman D. Picard Scholarship Program is dedicated to the support of Native American students pursuing a higher education in natural resources.

Required material: The Education Selection Committee will review and rank only those applicants who completely address each area. Please be specific. Incomplete applications will not be considered.

Interested students must submit the following: 1. Letter of application 2. Resume 3. Three signed letters of reference 4. Evidence of validated enrollment in a federally recognized tribe or Alaska Native Corporation 5. Transcripts.

For more information and specific details regarding the five submissions listed above, visit www.itcnet.org or call (503) 282-4296. Applications should be sent to the Intertribal Timber Council Office: ATTN: Education Committee, Intertribal Timber Council, 1112 N.E. 21st Avenue, Suite 4, Portland, OR 97232-2114.

giving

Continued from page 3

$5,000 worth of meat for today's donations," Mash said. "Also we can't forget Rains, Perkins and Torrence Transportation lines that provided us with the semi's to keep all the food."

Over 773 tribal members received food, clothing and furniture during the two-day event.

To find out more about Mission Native America call (405) 330-0123.

Notice

The Social Service Department **"Liheap Heating Program"** will begin Nov. 2, 2009 for gas/propane and other heating sources only. Applications can be picked up from 8:30 a.m. to 4:30 p.m. Monday - Friday in the Social Service office in the annex building. if you have questions please call (800) 247-4612, extension 27594. Program funds will be made available to all eligible clients until funds are exhausted.

Applebee's will give a free entree to all veterans and active duty military on **Veterans Day** Nov. 11, 2009. For more information, visit www.applebees.com

BRIEFS

Indian Energy Solutions-America's Energy Future Echoes Indian Energy Vision
Nov. 3-5, 2009 at the Tulsa Marriott Southern Hills in Tulsa, Okla. To register visit www.certredearth.org.

The 33rd annual Conference for the Prevention of Child Abuse and Neglect
Nov. 4-6, 2009 in Topeka, Kan. For more information contact Pamela Noble at (877) 530-5275 or by email pnoble@kcsl.org.

The fourth annual National Native American Fatherhood and Family Conference
Nov.4-6, 2009 at the Windemere Hotel and Conference Center in Mesa, Ariz. For more information visit www.nativeamericanfathers.org.

The ninth annual Child Abuse and Neglect Conference
Nov. 6-7, 2009 in Stone Mountain, Ga For more information call (404) 785-5004 or email cpctraining@choa.org.

The National Native American EMS Association's 18th annual Educational Conference
Nov. 11-13, 2009 at the Cherokee Casino Resort in Catoosa, Okla. For more information call (828) 736-0885.

Intertribal Monitoring Association annual conference-Indian Trust Funds
Nov. 11-13, 2009 at the Luxor Hotel and Casino in Las Vegas, Nev. For more information call (505) 247-1447 or email itma@itmatrustfunds.org.

Developing Tribal Travel Policies Using IRS and OMB Guidelines
Nov. 11-12, 2009 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com

The 34th annual Indian National Finals Rodeo
Nov. 11-14, 2009 at the South Point Equestrian Center in Las Vegas, Nev. For more information call (406) 338-7684 or email infr@3rivers.net.

Law for the Indian Educator
Nov.12-13, 2009 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The 15th annual Alaska Tribal Conference on Environmental Management
Nov. 16-20, 2009 at the Hilton Hotel in Anchorage, Alaska. To register or for more information call (907) 786-0130.

Tribal Energy Program Review
Nov. 16-20, 2009 at theDoubletree Hotel in Denver, Colo. To register visit tribal@go.doe.gov.

Global Gaming Expo
Nov. 17-19, 2009 at the Las Vegas Convention Center in Las Vegas, Nev. For more information or to register visit www.globalgamingexpo.com.

National Indian Justice Center Conference on Public Law-Violence Against Native American Women
Nov. 19-21, 2009 at the U.S. Grant Hotel in San Diego, Calif. For more information call (707) 579-5507 or visit www.nijc.org.

Billie Sutton, a teacher

Submitted article

Billie Sue Sutton, daughter of Lavonta Sutton Kenrick of Canton, Okla., trains students for the CompTIA A+ and Network + certifications at Mid-America Technology Center in Wayne, Okla. She has been teaching there since September 1984.

Sutton is the granddaughter of the late Arapaho Chief Arthur Sutton and Sallie Blackbear Sutton. She has two children, a son Robyn Russell of Canton, Okla. and a daughter, Melissa Russell Johnson of Norman, Okla., and three grandchildren, Austin, Hailey, and Adam Johnson.

Sutton began her education at the University of Central Oklahoma in 1985. She began taking industrial education courses, some of which were: school shop safety, technology for teachers, and methods of teaching trade and industrial education. She passed three electronics comp exams in 1987.

In summer 1993 she completed the 'applied principles of technology' course and in fall 1993 she passed the 'instructors evaluation training development' course. She was the first woman to be hired to teach the classes in the electronics/computer repair division of the Oklahoma Department of Career and Technical Education in the state.

"When I was hired they told me I had to get college hours for renewal of my provisional teaching certificate. So I just took the hours I needed to renew. Then several years ago I was told that my students could get college credit if I got my bachelor's degree so I got busy. I put myself through college and it was expensive so I was happy when you helped me out that last semester. I praise and honor God, for He always provided a way," Billie stated.

She completed her capstone in Spring 2008, along with completing a 'practicum in field experience in education' course.

"I just wanted to thank you and the education department for the monetary incentive that I received . . . when I finally graduated from UCO," Sutton stated.

She referred to receiving a tuition reimbursement from the Cheyenne and Arapaho Gaming-Higher Education program for her last semester 2008, for receiving an incentive award for that last semester grades, and for the incentive award she received for attaining a Bachelor of Science degree in May 2008 from the University of Central Oklahoma.

Billie Sue Sutton

In August 2009, Billie received two 25-year of service awards from the Oklahoma Department of Career and Technical Education and the Business and Industry Technology Education division during this year's summer conference.

The Cheyenne and Arapaho tribes education department is proud of Sutton, for the accomplishments she has made and we wish her continued years of success as a teacher.

Southern Plains adult protective services conference

Submitted article

A workgroup, established in February, chaired by Melissa Whiteside, BIA, composed of tribal representatives will host a conference on Nov. 12 and 13, 2009 at the Oklahoma City University School of Law. This conference, the first in the nation, will address Native American Adult Protective Services. Open to the public, with no registration fee, it is for social workers, state and tribal judiciaries, attorneys, law enforcement, students and tribal members.

Local workgroup members are: Henry Ware, Concho BIA, Sophia Tiger, social services, Paul A. Feuntes, probation officer, and Bob A. Smith, Trial Court chief judge.

Jerrie Ramirez, Department of Enrollment assistant executive director, designed a poster for the conference and it will be used nationwide for other conferences.

Senior assistance for Cheyenne, Arapaho tribal students

Submitted article

Eligible Cheyenne and Arapaho seniors who will graduate in May 2010 can have $100 graduation assistance applied toward senior expenses, after we have received the following documents:

FOUR THINGS ONLY.

1. A letter from the school registrar stating the senior has enough credit hours and is eligible to graduate with the Class of 2010 in May.

2. A copy of the order form or invoice for the amount you want us to pay and be sure the address is listed as that is where the payment will be sent.

3. A CDIB (certificate of degree of Indian Blood) from the Cheyenne and Arapaho tribes of Oklahoma's Enrollment Office.

4. A completed education gaming application. The gaming application can also be copied from the Web site www.c-a-tribes.org. On the Web site go to programs then Department of Education and the form should appear in a box area.

Items can be faxed to (405) 262-5419 or (405) 422-3075. Ask the high school counselor or someone at your school to fax the four items to our office.

For further questions, contact Wanda Whiteman at wwhiteman@c-a-tribes.org or (405) 422-7560. Thank you.

For Sale

20 pairs
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Call Tina Orange
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Notice

The Nov. 3, 2009 **C-1 District meeting** has been *rescheduled* to **Nov. 10, 2009**. Communities will meet at 1 p.m. at Pioneer Hall in Woodward, Okla. and at 5 p.m. at the Seiling/Fonda Community Center in Seiling, Okla.. For more information call the C-I District office at (405) 422-7755.

audit

Continued from page 3

and Cheyenne and Arapaho Smoke Shops received a qualified opinion, while the Tax Commission and Western Oklahoma Tribes Agribusiness received an adverse opinion.

There were also a total of 19 audit findings in 2005 related to internal control deficiencies, questionable accounting procedures, and questionable cash reporting. In contrast, the 2008 Single Audit reported that the General Fund, Bureau of Indian Affairs Fund, Indian Health Services Fund, Tax Commission, and Aggregate Remaining Funds received unqualified opinions, and only Governmental Grants received a qualified opinion. No programs operated by the Executive Branch received an adverse opinion in 2008, and there were only seven audit findings, none related to severe internal control deficiencies, questionable accounting procedures or questionable cash reporting.

On a side note, the Cheyenne and Arapaho enterprises will receive a separate report this year, and it will be issued and available for review later in 2009.

H.O.P.E. EVENTS

The Southwestern Oklahoma State University **(SWOSU)** Honoring Our Peoples Existence (**H.O.P.E.**) formally known as the Native American Club will have the following events:

November - American Indian Month

2 - Club meeting 7 p.m. in the Old Science Building Rm 102.

4 - Beadwork workshop, mirror ornaments 6:30-8:30 p.m. in the Old Science Building Rm 100.

11 - Gourd making workshop. 6:30-8:30 p.m. in the Old Science Building Rm 100.

16 - Club meeting7 p.m.

18 - Dream Catchers/breastplate/choker workshop 6:30-8:30 p.m. in the Old Science Building Rm 100.

30 - Club meeting 6:30 p.m.

December

2 - Presentation, Handgame Winter Activity 6:30-8:30 p.m.

9 - Gourd and Drum Stick Workshop 6:30-8:30 p.m.

9 - Making Posters for Handgame Tournament

12 - Handgame Tournament Fundraiser 1-6 p.m.

14 - Club meeting 6:30 p.m.

20 - Community/Faith-base Services 10-11:30 a.m.

20 - Community/Faith-base Services 10-11:30 a.m.

23 - Christmas Comfort Basket presentation to the Indian Baptist Church of Weatherford

CONTACT OFFICERS: Michelle Bigfoot, president (580) 816-0601/ Brandon Norris, vice-president (580) 302-4395/ Loni PrairieCheif, secretary (580) 816-0461

If there is anyone interested in attending they can contact one of the officers.

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Thank You For 65 Years of Your Business!!

CALENDAR of Events

B-BoyFoundation Classes-Break Dancing Registration
Nov. 1-30, 2009. Ages 5-adult (boys and girls). Taught by Ha'Stylez Crew member Kendricks Sleeper. To register or for more information call (405) 255-3749.

C1 community meeting
At 3 p.m. Nov. 5, 2009 at Town Hall in Longdale, Okla. At 6 p.m. at Multi Purpose Center in Watonga, Okla. For more information call the C-1 District office at (405) 422-7755.

VA Native American veteran honor dance
From noon to 6 p.m. Nov. 6, 2009 at the VA Medical Center, 921 NE 13th, in Oklahoma City. For more information, call (405) 456-3876.

Peyote meeting for Shekie White Thunder
Nov. 7, 2009 at the Native American Church in Concho, Okla. Supper at 6 p.m. For more information call Tommy White Thunder at (405) 329-4051.

Lighted Holiday Parade
Nov. 7, 2009 in downtown Canton, Okla. Lighted floats. For more information call (580) 886-2323.

Tulsa Indian Club, Inc. Native Fall Music Fest
Nov. 7, 2009 at Rose Bowl Event Center, 7419 East 11th Street in Tulsa, Okla. Frybread eating and tossing contest. Performances by Litefoot, O.I.T, Indian Soul Men and Butch Powell & 50/50 band. For more information call (918) 513-1810 or (918) 527-9459 or visit www.tulspowwow.org.

Joslyn Kay Jones handgame, dinner
Nov. 8, 2009 at the Geary Indian Community building. Registration begins at 11 a.m. Games start at noon. No entry fee. Accepting the first ten teams who register only. First place: $300, second place: $200, third place: $100. Wear red, white and blue to honor veterans – winner will get $50.

C1 community meeting
At 1 p.m. Nov. 10, 2009 at Pioneer Hall in Woodward, Okla. and at 5 p.m. at the Seiling/Fonda Community Center in Seiling, Okla. For more information call the C-1 District office at (405) 422-7755.

Indian Youth Career Day
From 8 a.m. to 2 p.m. Nov. 10, 2009 at the University of Central Oklahoma Nigh University Center. For more information, call Star Yellowfish at (405) 587-0356.

Veterans Day Ceremony
Nov. 11, 2009 at the 45th Infantry Division Museum in Oklahoma City, Okla. For more information call (405) 424-5313.

American Indian elder's conference
From 9 a.m. to 3 p.m. Nov. 12, 2009 at the Frisco Center in Clinton, Okla. For more information call the Diabetes Wellness program at (405) 422-7679.

Comanche Nation College Benefit gourd dance
For Student Government Association from 6 to 10 p.m. Nov. 13, 2009 at the Comanche Nation College gym, 1608 S.W. 9th Street in Lawton, Okla. For more information call Guy Narcomey at (580) 280-9231 or Brian Daffron at (405) 933-2129.

Special Tribal Council meeting
At 10 a.m. Nov. 14, 2009 at Concho Lucky Star Casino.

OKC Indian Clinic Fifth annual Red Feather Gala
At 7 pm on Nov. 14, 2009 at the National Cowboy and Western Heritage Museum in Oklahoma City. For more information contact Rita Wright-Burkhalter at (405) 570-8332.

Native American Church meeting
On Saturday, Nov.14, 2009 at the home of Wilbur and Melissa Goodblanket. Autumn Lea, Delphine, Minnie, and Martin, Jr. "Buffalo" Goodblanket invite relatives and friends.

The first Birthday Dance for Ronda Rae Burns
At 5 p.m. Nov. 14, 2009 at the Custer County Fairgrounds in Clinton, Okla.

University of Central Oklahoma fall gourd dance
Nov. 15, 2009 in the third floor ballroom of the Nigh University Center, at 100 N. University Dr. in Edmond, Okla. For more information call (918) 688-1740.

Children of the Grave II Premiere
Nov. 20, 2009 on the Sci-Fi channel. (Dish network channel 122.) This is a documentary about Native American boarding schools filmed in Colony and Concho, Okla.

Special Tribal Council meeting
At 10 a.m. Nov. 21, 2009 at Hammon Community Hall.

Chambers Farm Fall Family powwow
Nov. 26-29, 2009 at 22400 NW Hwy 315 in Fort McCoy, Fla. For more information visit www.chambersfarm.org or www.myspace.com/chambersfarmpowwow or call (513) 464-1746.

Stockyards City's Cowboy Christmas
Parade begins at 10 a.m. Dec. 5, 2009 at the intersection of Agnew and Exchange Avenues in Oklahoma City. For more information, call (405) 235-7267 or visit www.stockyardscity.org.

Fourth annual Nawah/Numshins Christmas powwow
Dec. 19, 2009 at the Concho Community Hall. Gourd dancing at 2 p.m. and supper at 5 p.m. For more information, call Merle Bigmedicine at (405) 266-0002.

Memorial Dance for Arapaho Chief Alonzo Sankey
Postponement until Feb 6, 2010 at Watonga Multi-Purpose Building in Watonga, Okla.

Story of lost Bible ends well

Family's heritage restored after 15-year investigation

By Lela Garlington
Reprinted with permission by
The Memphis Commercial Appeal

Years ago, on an empty locomotive in New Mexico, an engineer and his co-worker found an old Bible that had been left behind.

When no one claimed it after a week in the railroad yard's lost and found, Pat Lynch took the tattered and torn book to his home in Bluewater Lake, N.M.

"I just wanted to make sure it got back to the family somehow. This is somebody's heritage. I just couldn't let that go," said Lynch, who is part Cheyenne. He was determined to find the owner who had written "Robert W. Childress '81."

What began as a simple gesture in early 1994 -- when his hair was darker and his build was slimmer -- turned into a 15-year journey. Now 50, with his silver hair pulled back into a tiny ponytail, Lynch ended his odyssey in Memphis -- 1,124 miles away from his New Mexico home.

Lynch and his wife, Barbie, met the Childress family this weekend in Memphis, as the family learned in detail about his personal quest to find them.

Lynch knew that only railroad workers or contract laborers rode the Santa Fe freight train that carried coal from the mines in the Gallup, N.M., area to the power plant near Tucson, Ariz.

He talked with power-plant personnel. He checked with the railroad and his union. He enlisted the help of friends, family members, union colleagues and even a presidential campaign worker he met in Iowa.

Lynch mailed Christmas cards to anyone with the last name of Childress or Powell living in Murray, Ky., because of a bookmark left in the Bible. Once he found a man in Missouri with the right name but no missing Bible. He sent out mass e-mails. He convinced a television show history detective to take up the search.

At times, he gave up in frustration and tucked the Bible in the back of his desk drawer. In October 2007, he said he told himself he wasn't doing this again, he was giving up.

But then he met a presidential campaign worker in Iowa who went to Murray State University in Kentucky. He picked up the Bible and searched some more.

In late August, Lynch's cousin, Margaret Howard, typed in the name "Robert W. Childress" onto an Internet search engine. An obituary popped up from The Commercial Appeal. Howard called Dynesa Coburn of Memphis and left her a message: "I think we may have found your family Bible."

The news shocked Coburn and her two sisters, Pam Cummins of Cordova and Connie Shiodo of Chicago.

"I was stunned," Coburn recalled of that first phone call to her Memphis home. "I didn't even know there was a Bible out there."

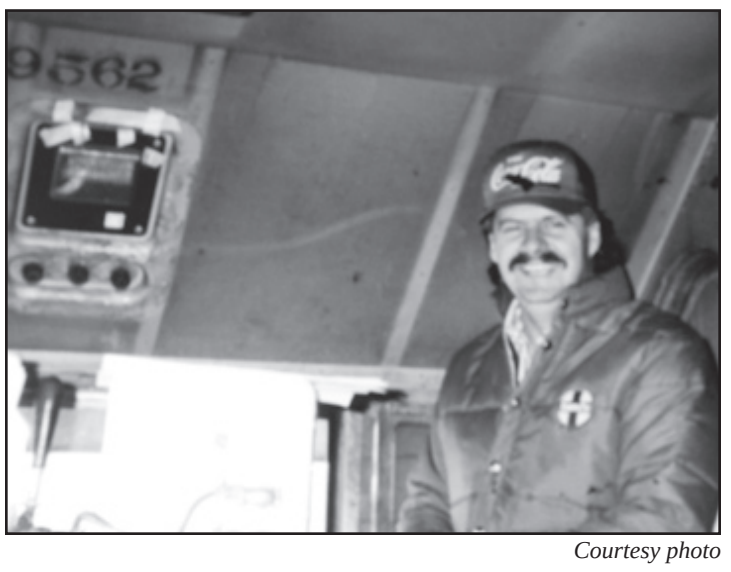
Their brother was a free spirit who had traveled throughout the West. For a time, he lived in Tucson -- not far from the power plant. He died last year in Colorado. The family thinks that their mother must have given their brother the Bible before she died in 1986.

They also suspect he may have been a contract worker when he left the book on the train.

Their brother was named after their grandfather, Robert W. Childress Sr. Their grandfather moved from Kentucky to Memphis in the late 1960s after his wife died.

Because he was flying into Kansas City, Mo., for a conference, Lynch decided to fly in earlier into Nashville and then drive to Memphis to meet Coburn and Cummins. He shipped the Bible in advance of his arrival. Because of a mix-up, the Bible was sent by priority mail instead of overnight. Cummins feared it might get lost again.

The package arrived in her East Memphis office on the Friday before Labor Day. Gently, she peeled away the bubble wrap and opened the Ziploc bag. The two-and-a-half-inch-thick Bible was being held together by a few threads left in binding. There on the pages listing her family's history was her grandmother's distinctive penmanship. The Bible was published in 1905. Her grandmother, Carleen Vaughn, was born in 1896. As a 16-year-old bride, Vaughn married Robert W. Childress Sr.



Courtesy photo

Pat Lynch finds the owner of a lost Bible

"Tears came to my eyes," Cummins said. "It was so emotional simply because of the day." It arrived on Sept. 4 -- the first anniversary of her brother's death. On her phone, she sent Lynch a text message: "Robert's Bible is home."

When he saw the text, Lynch was driving to his evening leather-design class. He pulled over on the side of the road overcome with emotions.

"I was just so relieved," he said.

The family is grateful to see the familiar cursive handwriting of their grandmother. They are even more in awe of a man who would spend 15 years trying to return a family Bible they didn't know existed. Cummins plans on buying a shadow box and opening the Bible to the pages of the family's history. She wants to put her grandmother's wire rim glasses in the box.

"We are eternally grateful that he never gave up," Cummins said. "Pat called it the lost Childress family Bible. It's not lost anymore."

For Lynch, he said, "It gives me closure. It was like Robert was a part of my family. We now can say 'The End' to this Bible quest."

-- Lela Garlington: 529-2349

Sweats, ceremonies

By Matheson Hamilton

Through my teachings I have learned many things that have helped me in my everyday life. The one tool that our Creator has given to us to fix our lives is sweats.

When I attend a sweat I can feel the love and caring that our brothers and sisters bring with them. They go into the sweat with one purpose, to pray to our Creator, that our sick will be comforted and blessed. We pray for guidance spiritually, physically and mentally. The spirituality in a sweat is so overwhelming that I find peace. I have been told the smoke from our grandfathers (the stones) take our prayers up to our Creator so in other words, we are talking with our Creator, not just talking about our Creator.

The songs, prayers and medicine put into the smoke from our grandfathers make it worthwhile. It's a small sacrifice that our bodies take from the heat to cleanse ourselves. After each round I lie down and rest, but watch my son walking around visiting and shaking hands with everyone. I feel so blessed that my son is taking this way of life.

I invite everyone to attend a sweat, if you don't feel comfortable going in, sit outside and listen to the songs, once you attend a sweat I know you will return in the future. I pray that our young people will attend a sweat and find a way of life that has meaning.

I see a lot of our young people are as lost as I was. I pray they will have the chance to learn about our ceremonies and keep our sacred circle of life.

I know it is up to us as elders to invite all our young people to our ceremonies. I see a lot of young people asking questions about our ceremonies and I know in my heart that our sweats are a good place to start. When I came back to our traditional way of life I started with my brother, Johnny Botone, who brought me to a sweat at Concho, Okla.

I then attended a peyote meeting. Now my son and I are sundancers. I was proud to see my son finish his second year. I thank the Lord for putting people like Randy Snead, John Bellymule, Alex Warden and others in my life to bring me back to our ceremonies and traditional ways of life. I hope and pray that I might influence some other people to attend one of our ceremonies. The spirituality alone will keep them wanting more.

Christmas

Continued from page 3

participation from businesses in El Reno that has been overwhelming and appreciated," Yolanda Woods, ICW caseworker, said. "The Cheyenne and Arapaho tribes have always been giving and have come through each year, but this year both the tribes and the El Reno community have really given so much and we are so thankful for them all."

On Oct. 23, 2009 the ICW program and the Cheyenne and Arapaho tribes' employee committee sponsored a charity bingo at the community center in Concho, Okla.

The charity bingo raised over $1900. Among the prizes donated were gift cards from El Reno businesses, Burger King, Sonic, Wal-Mart, Beachler's Grocery, Herbie's Bar-B-Q, Pizza Hut, McDonald's, Betty's Flowers, Vicki's C-Store, Serapio's, Tooter's Shamrock Gas Stations and the Shell/Domino's gas station.

The Cheyenne and Arapaho Culture and Heritage program donated a baby Pendleton blanket, Pendleton blanket, Nintendo DS and a digital camera.

The R.E.Sp.E.C.T. Program donated a basketball goal and basketball. The Lucky Star Casino in Concho, Okla. donated four tickets to the Stone Temple Pilots concert and four MMA fight tickets.

Several raffles for tickets to the University of Oklahoma (OU) football games were held by the Cheyenne and Arapaho executive office.

"The response from the tribes' employee committee and executive office has been so great, they have really helped us with getting a big jump on the Christmas party and ensuring these kids will have some nice gifts on Christmas," Woods said. "We want them to have more than just the staples like clothes and shoes, which are important and needed, but more so these kids don't have the fun stuff other children get to enjoy and take for granted."

Currently a grand total of $2,754. has been raised for this year's childrens' Christmas party and gifts.

To make donations for the childrens' Christmas contact the Cheyenne and Arapaho Social Services department at (405) 422-7594.

NCAI

Continued from page 1

originally in response to the termination and assimilation policies that the United States began enforcing upon the tribal governments in direct disagreement of their treaty rights. It started out with only 100 people and has now grown to include 250 member tribes throughout the entire United States.

Over the past year Flyingman was directly involved in facilitating NCAI's position on issues that affect Indian peoples through the resolution procedure. Resolutions are a policy mechanisms used to communicate an organization or governments position on the level of one or more of the following: federal, state, local and/or tribal legislation, including policy matters that affect tribal governments and or communities.

Although, NCAI resolutions cover an expansive range of topics they are equally important for providing stability to the organizations and governments they represent as well as having proven to be an efficient advocacy tool with current policy-makers.

Among a few of the legislative issues successfully tackled this past year are the following:

Resolution to demand the Bureau of Indian Affairs return line authority for law enforcement to the agency superintendent, by the full Committee of Litigation and Governance.

To call upon the United States to defend all Indian trust lands of all Indian tribes from any third party claims and to seek legislation to address the Supreme Court decision in Carcieri v. Salazar by the full Committee of Litigation and Governance.

Joint congressional resolution to reaffirm the U.S. Constitution's recognition of tribal sovereignty by the calling on the United States Congress to affirm tribal exclusive tax Jurisdiction over all Indians within Indian Country by the full Committee of Litigation and Governance.

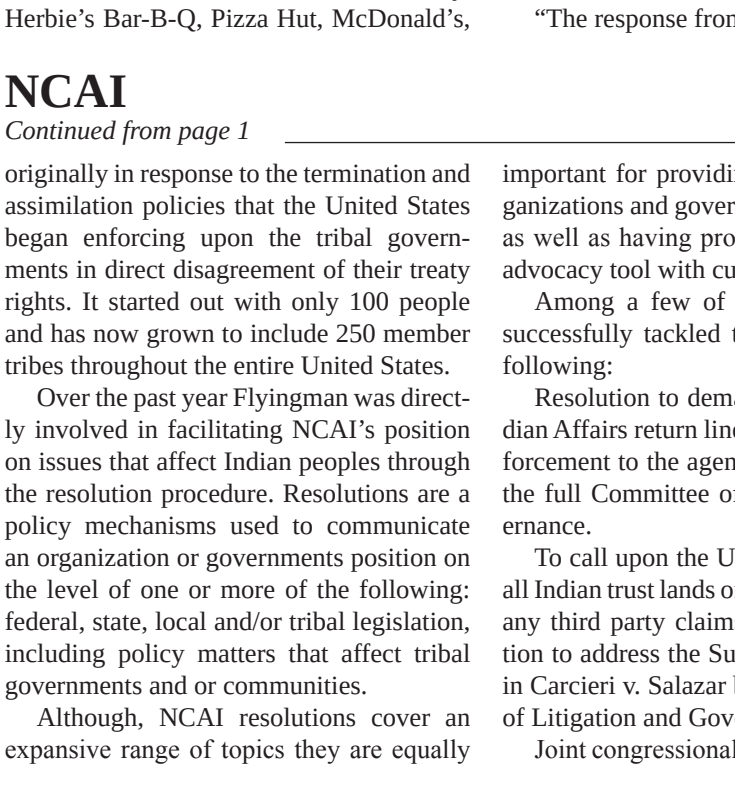
Indian Environmental Act of 2009, by the Committee of Land and Natural Resources

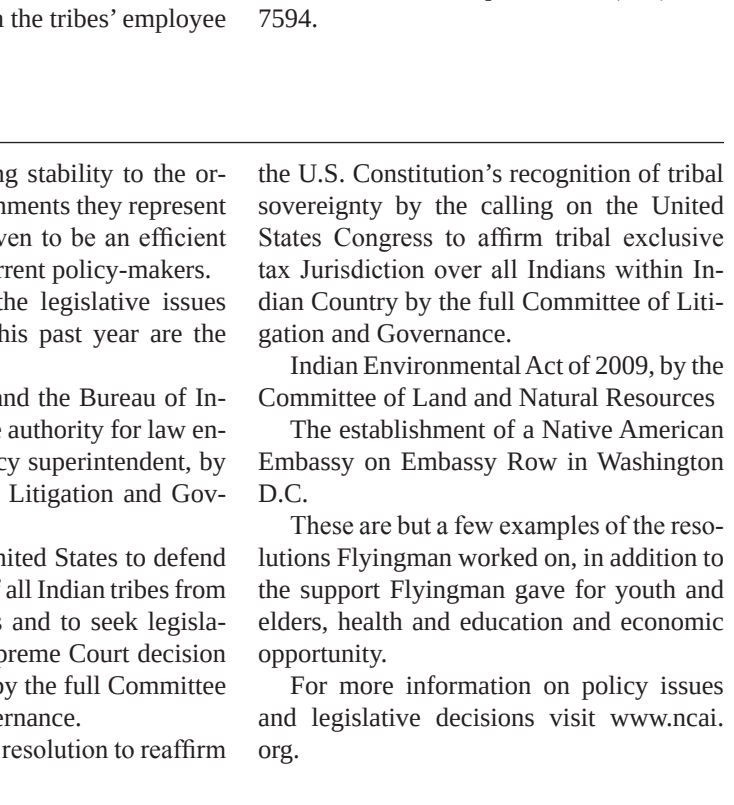
The establishment of a Native American Embassy on Embassy Row in Washington D.C.

These are but a few examples of the resolutions Flyingman worked on, in addition to the support Flyingman gave for youth and elders, health and education and economic opportunity.

For more information on policy issues and legislative decisions visit www.ncai.org.

2010 CENSUS AMERICAN INDIAN AND ALASKA NATIVE TRIBAL COMMUNITY PARTNERS
United States Census 2010
The U.S. Census Bureau is issuing a call to action for every American Indian and Alaska Native of our nation:
"BE COUNTED IN 2010"
THE 2010 CENSUS IS IMPORTANT.
In 2010, we will define who we are as a nation by participating in the 2010 Census. It is vital to our tribal nations, and to American Indian and Alaska Native communities that the 2010 Census is accurate. Achieving a complete and accurate 2010 Census is in our hands.
YOU CAN MAKE A DIFFERENCE.
As an influential American Indian or Alaska Native community, business or tribal leader you can raise awareness of and encourage tribal participation in this historic event. With your help, the Census Bureau will continue to produce accurate data, which will directly affect the future of your tribal community. It will determine your representation in Congress and provide an accurate count of American Indians and Alaska Natives wherever they live. When working with tribal governments, the Census Bureau respects tribal sovereignty.
The Census: A Snapshot
What: The census is a count of everyone residing in the United States.
Who: All U.S. residents must be counted—people of all races and ethnic groups, both citizens and non-citizens.
When: Census Day is April 1, 2010. Questionnaire responses should represent the household as it exists on this day.
Why: The U.S. Constitution requires a national census once every 10 years. The census provides state populations and determines representation in the U.S. House of Representatives.
How: Census questionnaires will be delivered or mailed to households in March 2010. Census takers will visit households that do not return questionnaires starting in May.
A Complete Count: The Importance of Census Data
Every year, the federal government allocates more than $400 billion to states and communities based, in part, on census data.
Businesses use census data to locate supermarkets, new housing and other facilities.
Census data guide local American Indian and Alaska Native decision makers in their grant writing proposals for the construction of new roads, hospitals, child-care and senior citizen centers, schools and more.
2010 Census Questionnaire: It's Easy, It's Important and It's Safe
With only 10 questions, the 2010 Census questionnaire is one of the shortest questionnaires in history and takes just 10 minutes to complete for the average household.
By law, the Census Bureau cannot share individually identifiable or a household's questionnaire responses with anyone, including other federal agencies and law enforcement entities.


United States Census 2010
2010 CENSUS: PARTNERSHIP AT A GLANCE
Become an American Indian/Alaska Native 2010 Census Partner
Your partnership sends a strong message to your community about the importance of the census and the benefits of being counted. By partnering with the Census Bureau, you can help:
Ensure accurate census data, which guide funding decisions for the American Indian and Alaska Native communities and affect your representation in Congress.
Spread the word about temporary census jobs in your community.
Assure people that the census questionnaire is easy, important and safe.
Take Action for Your Community and Country
As an American Indian/Alaska Native partner, you will play an important role in making the 2010 Census successful by encouraging people in your community to take part in the count. You can:
Encourage tribal members to use the tribe's preferred name when responding to the 'enrolled or principal tribe' question on the 2010 questionnaire.
Appoint a tribal liaison to serve as a point of contact between the Census Bureau and the tribe regarding census activities.
Encourage your peers to get involved by joining a Complete Count Committee (CCC), an organized group of other influential leaders in your area who are committed to increasing participation in the census.
Issue a proclamation or other public endorsement of the 2010 Census.
Help recruit census applicants for 2010 Census positions.
Answer questions and help people overcome misconceptions about the 2010 Census. Share the benefits of being counted and reassure your community their questionnaire responses are confidential.
Provide space for Be Counted sites and Questionnaire Assistance Centers or for testing and training census employees.
Include census information in newsletters, mailings and online.
Conduct meetings or other events to encourage participation in the census.
2010 Census Timeline: Key Dates
Fall 2008 Recruitment began for local census jobs for early census operations.
Spring 2009 Census employees go door-to-door to update address lists nationwide.
Fall 2009 Recruitment begins for census takers to support peak workload.
March 2010 Census questionnaires are mailed or delivered to households.
January - April 2010 Remote Alaska operation. (Enumeration of sparsely isolated settled parts in very remote areas of Alaska.)
March - May 2010 Update/Enumerate operation, which includes selected American Indian reservations. (An operation in which Census Bureau address lists are updated and information on the questionnaires is collected.)
April 1, 2010 Census Day
May - July 2010 Census takers visit households that did not return a questionnaire by mail.
December 31, 2010 By law, Census Bureau delivers population counts to the President for apportionment.
March 2011 By law, Census Bureau completes delivery of redistricting data to states.
A COMPLETE AND ACCURATE COUNT
IS IN OUR HANDS.
For more information about the 2010 Census, go to 2010census.gov
U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
2010 CENSUS
IT'S IN OUR HANDS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"CHEYENNE AND ARAPAHO TRIBES-ONE VISION, ONE FUTURE."

Flyingman and Clark for Governor and Lt. Governor

Dear Fellow Veteran,

As Governor of the Cheyenne and Arapaho Tribes, and a fellow Veteran, it has been both a privilege and honor for me to support our Tribal Veterans. It has been my duty to see to it that our office was instrumental in supplying the necessary support that has been crucial in helping to solving real problems and issues seen by our veterans.

As a veteran I do not believe that my fellow Tribal Veterans should ever suffer due to budget issues, as such during my tenure I have made this one of my top priorities, I have taken action to make it a reality. This is just one of many positive steps I have taken to honor those who have bravely served our Country.

The Tribal Veterans Memorial is a stirring tribute and lasting legacy to all those who have given their lives so that we could enjoy ours. It was a profound journey for me to be a part of such a great endeavor.

I have always tried to promptly address any issue and have worked to ensure that the Cheyenne Arapaho Tribes has always fulfilled its commitments to our Tribal Veterans. I understand the sacrifice our troops make with their lives to protect us and the freedoms we have come to look forward to, often spending months at a time away from family and loved ones to do so. When they come back home, it is our responsibility to honor their service with all the support we can give.

It is this first hand understanding that has lead to my responsibility to honor their service with all the support I can give. Under my leadership I have fought hard and unendingly to ensure that the Office of Veteran Affairs was established. Providing invaluable resources to our Tribal Veterans and as long as I am remain in office I will continue to do so and expand on this important program.

We are the only Tribe in the State of Oklahoma to obtain the Stand Down Event for the past four years running. As Governor I will continue my efforts to ensure that this remains here to honor our Tribal Veterans.

Lastly, I would like to say that without the service of our Tribal Veterans we would not have our freedom today. There is no price tag to be put on that. It is my duty to see that they always have a helping hand when they need it.

Sincerely,

Governor Darrell Flyingman

Governor Darrell Flyingman enlisted in the U.S. Marine Corps during the 1960's. He served in the U.S. Marine Corps for ten years as Personnel and Administration Chief, Recruiter and Retention NCO. Duty Stations included: California, North and South Dakota, Texas, Japan, Thailand and Vietnam. On May, 31, 1973 Darrell Flyingman was honorably discharged from the Marine Corps as a Staff Sergeant.

We would like to thank you for your continued support Darrell Flyingman for Governor, and Nelson Clark, Lt. Governor!

Cheyenne and Arapaho Tribes, One Vision, One Future."

Flyingman and Clark Unveil Vision of Cheyenne and Arapaho Tribes Future

"Cheyenne and Arapaho Tribes, One Vision, One Future." This is Flyingman and Clark's vision for the future of the Cheyenne Arapaho Tribes. We are seeking to work together as one community to make the Tribes a better place, we are pushing forward, and this will affect the lives of everyone who calls this Sovereign Nation their home. My vision seeks to communicate to my people that they are all a part of this process.

"This is a tremendous opportunity to improve the quality of life for all Tribal members," said Governor Darrell Flyingman. "The decisions we, as a people, make now will maximize our opportunities and further develop a road map to preserve our culture, our traditions and improve the quality of life for this and future generations."

I have always been guided by my vision while striving to strengthen infrastructure support services, fighting to see that resources are well managed, ending corruption, enterprise development, safeguarding the Tribes and fiscal responsibility. The above areas and action principles have been my guiding vision.

We are proud to report I have accomplished these goals but these are only the start for our Tribes," stated Clark. While Governor Flyingman was successful at removing our Tribes from the "High Risk Status" we had been on for over a decade, which prevented us from obtaining much needed grants and funding it, must be ever maintained. Fiscal Accountability is another area we must persist keeping a strong focus on and continue sound and proper management practices.

With the expansion of our new Feather Warrior Casino and Smoke Shop we have brought in jobs. After the heart wrenching destruction of the Tribal nursing home it finally successfully re-opened. We are also proud to report that the Tribally owned grocery store in Calumet, that has been established, is fully on its way to be self-supporting! It is our goal to expand this even farther into the realm of Tribal Small Businesses giving our members the opportunity to be proud Native American Business Owners. It is also my intention to expand our land base for future profitable enterprise endeavors.

Expanding and strengthening our current programs such as Elder Care, Health and Education are all equally important endeavors. Much has been done but more remains to be achieved.

I am committed, as your Governor, to provide the necessary leadership secure in the thought that these efforts will bring our Tribes the peace, prosperity and unity needed.

"This is a vision that will continue to evolve as we move forward into the next phase," said Governor Flyingman. "However, what will remain constant is our resolve to do what's best for our people, and their future."

Recently, Governor Darrell Flyingman was reelected, by acclamation, as Area Vice President for the Southern Plains of Oklahoma, Kansas and Texas at the 66th annual National Congress of the American Indian (NCAI) held in Palm Springs, CA. Governor Darrell Flyingman was elected for a second term to represent 24 tribes located in the Oklahoma, Kansas and Texas regions.

Opportunity

This election is a tremendous opportunity to improve the quality of life for all Tribal members. The decisions we, as a people, make now will maximize our opportunities and further develop a road map to preserve our culture, our traditions and improve the quality of life for this and future generations.

Governor Darrell Flyingman
Nelson Clark

Vision

As Governor I have always been guided by my vision to make the Tribes a better place while striving to strengthen infrastructure support services, fighting to see that resources are well managed, ending corruption, enterprise development, safeguarding the Tribes and fiscal responsibility. The above areas and action principles have been my guiding vision.

Accomplishments

I was successful at removing our Tribes from the "High Risk Status" we had been on for over a decade.

Enterprise Development with the expansion of our new Feather Warrior Casino and Smoke Shop we have brought in jobs.

The tribally owned grocery store in Calumet, that has been established, is fully on its way to being self-supporting.

Fiscal Accountability has been established and enforced with the completion of the Grant Thornton, LLP audit exposing the massive corruption by Southwest Corporation. Completion of the First Annual Budget in years marking the return of proper and sound management practices.

The Tribes saved over $6 million dollars in management fees by managing our own casino, Lucky Star.

I support and follow the Tribal Council's decision that ALL branches of government must follow uniform policies.

Paid advertising

I am committed, as your Governor, to provide the necessary leadership secure in the thought that these efforts will bring our Tribes the peace, prosperity and unity needed.

Darrell Flyingman
Nelson Clark
For
Governor and
Lt. Governor

Visit us on the web! www.darrellflyingman.com

Recently, Gov. Darrell Flyingman was reelected, by acclamation, as area Vice-President for the Southern Plains of Oklahoma, Kansas and Texas at the 66th annual National Congress of the American Indian (NCAI) held in Palm Springs, Calif. Governor Darrell Flyingman was elected for a second term to represent 24 tribes located in the Oklahoma, Kansas and Texas regions.

Let us seek to work together as one community to make the Tribes a better place!

Visit us on the web www.darrellflyingman.com

Indian college president faces backlash on tuition

(LAWRENCE, Kan.) - Linda Sue Warner had big ambitions when she arrived in 2007 as president of Haskell Indian Nation University, the only four-year college operated by the federal government for American Indians. Now she wonders whether those ambitions could cost her the job.

She envisioned major campus improvements and an expansion of the college's programs. But she also proposed to increase the extremely small fees paid by Haskell's roughly 1,050 students - $215 per semester, including room and board - to $1,000.

And that was where she ran headlong into the belief among many Haskell students and alumni that the government owes them a free or nearly free education, both by treaty and as compensation for generations of cultural oppression.

Students protested, and members of the Board of Regents called for Warner's ouster.

``I feel strongly that these kids shouldn't have to pay to go to school here,'' said Haskell alumnus and Kickapoo tribal chairman Russell Bradley.

In September, amid the furor, Warner was sent to New Mexico on what the government said was a temporary assignment.

Warner and other Haskell employees have been ordered not to speak with reporters. Interior Department spokeswoman Nedra Darling portrayed the ban as an effort to keep track of media inquiries. ``It wasn't muzzling by any means,'' Darling said.

Darling said there are no plans to replace Warner, who is scheduled to return to Kansas in January.

As for the proposed fee increase, which would be subject to government approval, it is all but dead.

Haskell was founded in 1884 as an Indian boarding school, created to purge all traces of native culture from its students, who were often forcibly removed from their families at ages 5 to 7. They wore military uniforms and followed a spartan regimen. Some died of exposure or malnutrition.

The school became a junior college in 1970 and a four-year school in 1994, and now attracts students from more than 130 tribes. They can earn degrees in business, education, environmental sciences and American Indian studies.

Haskell is one of three dozen tribal colleges in the country, most of them scattered across the Midwest and the West. Unlike Haskell, most are run by the tribes themselves and admit non-tribal members.

Haskell's extremely low cost reflects the U.S. government's treaty obligation to tribal members, said Bob Musgrove, a former Haskell business school dean.

The college receives about $14 million a year from the government. Congress approved a revised formula several years ago that would provide the school with more money but has never appropriated the extra dollars.

Warner, a member of the Comanche tribe and a former professor of education at the University of Missouri, the University of Kansas and Penn State, had envisioned graduate programs, including an online doctorate in tribal leadership, and perhaps an undergraduate degree in accounting to help students land jobs.

``We should be the center of Indian education in this country,'' she said in an interview before she was barred from talking to the media.

When Warner proposed raising fees - citing dilapidated classrooms, unhealthy dining hall food, inadequate computers and a host of other basic needs - the federal Bureau of Indian Education stood behind her. So did several influential campus leaders. But soon came a backlash from students, faculty members, parents and alumni. Students began a petition drive to get Warner fired.

A 45-year-old student, Brenda Councillor, said she was forcibly graduated and barred from campus after clashing with Warner and leading the petition drive. The college said it asked Councillor to leave because she had earned enough credits to graduate.

Travis Brown, a 32-year-old senior from Dallas, said students are not opposed outright to paying more, but first they want more accountability from administrators and a greater say in campus policies.

``It's not that students don't want to pay tuition, we just want to see more results,'' he said.

According to the American Indian Higher Education Consortium, yearly tuition - without room and board - at the 34 other tribal colleges averages $2,317 and ranges from $720 at Dine College in Arizona to $6,800 at Wind River Tribal College in Wyoming.

American Indian students account for only 1 percent of total college enrollment in the U.S.

The six-year graduation rate for American Indian college students is about 39 percent, compared with 56 percent overall in the U.S. The success rate at Haskell is even lower: a 26 percent graduation rate for students who entered in the fall of 2002.

Still, Haskell teachers and students describe a close-knit campus where individuals are not allowed to fall through the cracks.

``They come here with a lot of baggage,'' said registrar Manny King, a mentor to many students. ``Alcoholism, single parents, drug use, high poverty, really no direction and no support.''

Freda Gipp, a Warner assistant and Haskell parent, said the debate over tuition is simply a sign of growing pains, not dysfunction: ``Even though we've been around for 125 years, it's still early in the game for us as a college.''

Native Notables

Photo by Dana Attocknie

A Navajo code talker monument/statue sits at the Navajo Nation headquarters in Window Rock, Ariz. There are two other veteran memorials at the Navajo Nation.

The Cheyenne and Arapaho tribes Employee Committee presents the annual **Christmas Bazaar** from 10 a.m. to 5 p.m. Dec. 17 and 18, 2009 at the Concho Community Hall in Concho, Okla.

All vendors are welcome. Please call Annette Howell at (800) 247-4612 extension 27552 or direct at (405) 422-7552 for booth space. The vendor must donate one item to the Employee Committee for booth space. Open to the public.

Social Security to host webinar

On Nov. 4, 2009 the Social Security Administration will host a national webinar – "Social Security for Wounded Warriors." People can learn more about the benefit programs and the expedited processing of disability claims available to the nation's Wounded Warriors. The expedited process is used for military service members who become disabled while on active military service on or after Oct. 1, 2001, regardless of where the disability occurs.

The seminar will discuss: Who is eligible? When to apply? How to apply?

The webinar will be hosted via www.socialsecurity.gov at 2 p.m. EST on Nov. 4, 2009. To RSVP for the webinar, visit: http://www.socialsecurity.gov/survey/woundedwarriorsrsvp.htm.

Native Americans learn about culture preservation

(PORTLAND, Ore.) - Malissa Minthorn stands at the back of a cavernous ballroom in the Red Lion Hotel on the River. Blue, yellow, silver and black beads cascade over her shoulders in a dress that her grandmother wore to weddings and funerals on the Umatilla Reservation.

It's opening day of a sold-out conference that has brought together 550 people from around the country with one interest in common: preserving tribal culture. As she looks over the packed room, Minthorn herself personifies the theme of the conference.

``After this, I'm storing it away,'' she says, fingering her bright red dress. ``It's getting thin and fragile.''

Preservation takes many forms, from a simple photograph to an entire museum of artifacts. From a jumpy film showing Bitterroot Jim telling a bear story in sign language in 1932 to a mat house that the Wanapum tribe had to relearn to build on the banks of the Columbia River.

Culture is complicated for Native Americans, and so is its preservation. Without a record, some tribes left no trace. Passing culture down through the generations gets more complicated by a tradition of oral history that makes some elders suspicious of recordings and photography.

The National Tribal Archives, Libraries and Museums Conference is the fourth national gathering to help preserve, archive, display and perpetuate Native American culture. Hosts were the Oregon State Library and Tamstslikt Cultural Institute on the Umatilla Reservation, near Pendleton. Speakers included library and language experts and Russell Means, the activist, actor and author, who led the famous standoff at Wounded Knee, S.D., in 1973.

Libraries were a big presence at the conference. In an adjoining hall, exhibitors offered ideas on storage and displays, creating audiovisual labs and preserving images.

But protecting culture is not only about objects. In a time of Twitter and other quick communication, tribes are seeking a deeper connection to themselves, an appreciation of culture, the very DNA of who they are. That connection often starts with language.

Of the 54 languages identified in the Northwest, many verge on extinction. Only one speaker of the Wasco language is still living. Forty speakers of Nez Perce remain. Linguists predict that within two or three generations, no one will speak these languages. The conference, called ``Streams of Language, Memory and Lifeways,'' underscored the urgency to save tribal culture in all its forms before it's too late.

``There are not enough words to give to tell you how important language is to our sacred traditions,'' Phil Cash Cash told the assembled group at Tuesday's opening session. Cash Cash, a linguist who grew up on the Umatilla Reservation, studies language in the Columbia River region.

Language is key to helping Native Americans live their culture, he said. ``Language follows basic laws of the culture and land and earth,'' he said. ``It's urgent we all understand how vitally important it is that language gets transferred to the younger generation.''

Dallas Dick, a photo archivist at the Tamstslikt Cultural Institute, took Cash's message to heart. ``I'm feeling guilty because I'm not doing what I should be doing. We're losing it all, and I was one of the bad kids that never listened. I learned all the bad words.''

Signs of preservation were everywhere. In a hallway on the way to the ballroom, attendees passed tables of necklaces, bracelets, earrings, blankets and crafts.

Downstairs, in a session about the Wanapum, a small tribe that has lived for thousands of years on the Columbia River north of the Tri-Cities, Angela Buck, director of the Wanapum Heritage Center, talked about her tribe's latest tool to preserve her culture: an RV. The vehicle travels throughout the region to share displays and history with native and nonnative people.

``We get around,'' she said. ``We talked to 29,000 people last year. That may not seem like a lot to you, but it is to us.''

In other efforts to protect the Wanapum culture, the river tribe recently dug out canoes, made string from hemp and built a mat house from the tule plant, all projects new to them. The house was more than they bargained for, a process of finding, gathering, drying, tying and building that took months to complete.

``It was a huge project, overwhelming,'' said Rex Buck III, who worked on the house. ``We can't undo things that happened, but those projects fill the gap of who we are as a people.''

White Bison Inc. founder recognized

(COLORADO SPRINGS, Colo.) - A Colorado Springs group that helps Native Americans overcome alcoholism, drug abuse and other health issues has won a $100,000 prize from a San Francisco think tank.

White Bison Inc. won the Purpose Prize from Civic Ventures. The prize recognizes innovators and initiatives solving community problems.

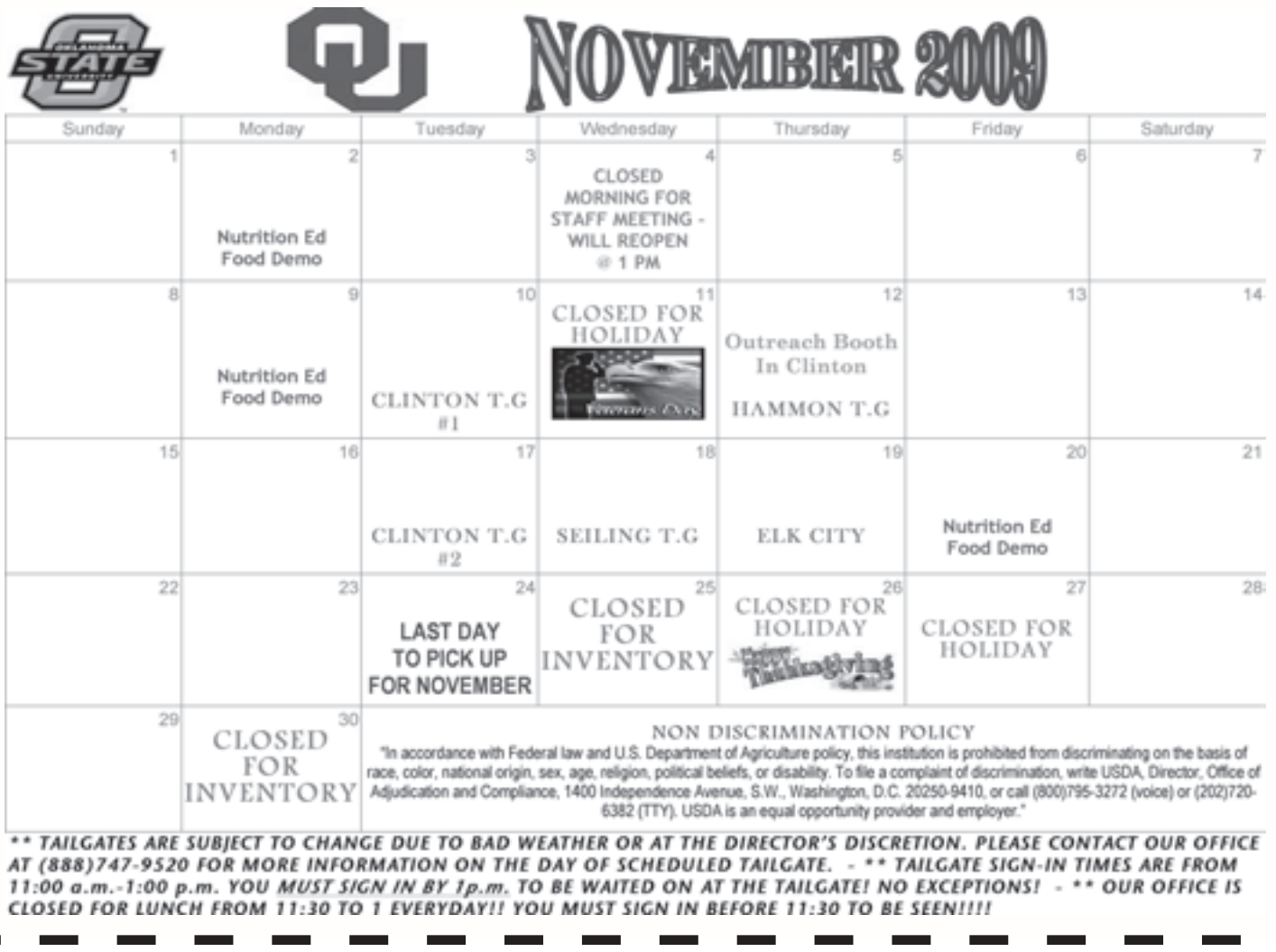
White Bison's founder, Don Coyhis, says he'll use the money to expand the nonprofit group he founded in 1988 and launch an institute to promote wellness _ or what he calls ``Wellbriety'' _ among the nation's 564 tribes.

Coyhis, 66, marked 31 years of sobriety in August. He named his organization after an image of a white bison he saw while fasting in the Rampart Range two decades ago. It inspired him to use Indian culture to help Native Americans overcome addiction.

Coyhis grew up in an alcoholic household on a Mohican reservation in Wisconsin. He left a job as a senior manager at Digital Equipment Corp. in Colorado Springs to create an indigenous way to address addiction, obesity, domestic violence, suicide, divorce and other issues.

Coyhis employs a 12-step program similar to that used by Alcoholics Anonymous. It incorporates cultural elements, including elders' teachings, medicine wheel, group drumming circles, songs and healing ceremonies. All tribal members, from elders to children, are involved in the healing process.

``The reason we're in this situation is because our culture was taken away,'' he said. ``When I regained my culture, I realized I was not ashamed to be a Native, but proud.''


NOVEMBER 2009
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
1
2
Nutrition Ed Food Demo
3
4
CLOSED MORNING FOR STAFF MEETING - WILL REOPEN @ 1 PM
5
6
7
8
9
Nutrition Ed Food Demo
10
CLINTON T.G #1
11
CLOSED FOR HOLIDAY
12
Outreach Booth In Clinton
HAMMON T.G
13
14
15
16
17
CLINTON T.G #2
18
SEILING T.G
19
ELK CITY
20
Nutrition Ed Food Demo
21
22
23
24
LAST DAY TO PICK UP FOR NOVEMBER
25
CLOSED FOR INVENTORY
26
CLOSED FOR HOLIDAY
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CLOSED FOR HOLIDAY
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CLOSED FOR INVENTORY
NON DISCRIMINATION POLICY
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heart

Continued from page 1

poker runs, and most recently she went on her own to a National Congress of American Indians (NCAI) conference to learn more about Native American veterans and ask how she can help veterans.

"I'm just a veterans' advocate. I couldn't be one so I just help them," Worthington said. "This isn't all about me it's for the veterans … it's something that everybody can do."

Worthington was given one out of 40 national VFW community service awards in 2008. She is a founding member of the Cheyenne and Arapaho American Legion Auxiliary and serves as the Chaplin. She's also part of VFW Auxiliary Post 382.

Currently, Worthington (Kiowa) is the director of the Cheyenne and Arapaho tribes Employment Opportunity & Training Services (EOTS) program.

She's from El Reno and although she's not a Cheyenne and Arapaho tribal member, she said she would be proud to be one because, "They're my family." She said, "I lived in this community my whole life."

Her parents are Hugh Doyebi and "Della" Frances Harriet. Her two sons are Gary Worthington and John Andele Worthington. Her brothers are Frankie Doyebi (Marine), Bruce Doyebi (Marine) and Jerry Doyebi. Her sister's name is Tommie.

Worthington said she and her Rolling Thunder friends will also attend the Cheyenne and Arapaho tribes Fourth annual Stand Down Nov. 10 and 11, 2009. She may be sporting her black leather vest with patches she earned in her journey helping veterans, and her husband may be nearby on one of their motorcycles.

"You don't have to have a motorcycle," she said of being a part of Rolling Thunder. "You just have to have a passion to be an advocate for veterans."

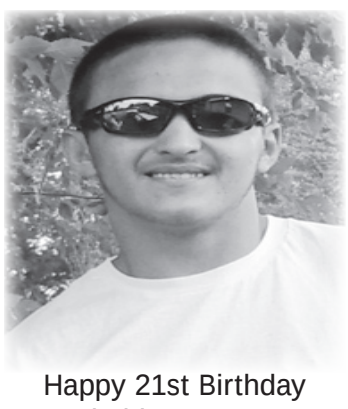
HAPPY BIRTHDAY

Happy Birthday
Adam Flores
From all your friends at
Clinton Head Start

To my beautiful niece JoNita Twins-wishing you a Happy Birthday! You are now my world, wouldn't be the same if you weren't in it. I love you and I can't wait for you to come up to Stillwater and kick it with me. auntie Danielle

Happy Birthday
Cassandra Littleman
Nov. 7 – 11 years old
From your family and friends. We love you very much my little sweetheart

Happy Birthday grandma
Arliss Archilta Washee
Nov. 11
We love you, Eileen, Miranda, Destiny and Francesca



Happy 21st Birthday
daddy-Nov. 19
I Love You-Oakley
Happy Birthday Devin
Love ya
Darla, Steve & Aimee

In Loving Memory

Billy Joe Whitlow
Nov. 19, 1954-July 24, 2009
A Poem to a Wonderful Brother

We think of you in silence we always speak your name. We have so many memories and your picture in a frame. We do not need a special day to bring you to our minds, since days we do not think of you are impossible to find. We think of you everyday but that is nothing new, we think of you with love today We are always with you. You are now our guardian angel watching us from your place of rest.

Heaven must be a beautiful place for God only takes the best! God please look after Billy don't let him walk alone After all, this is his first time away from home.

Until we meet again we love you and miss you dearly.

Love your brothers and sisters, James, Gene, Beverly, Jessie, Christine, Linwood, Ella, and Corrine

Happy Belated Birthday
Byron Wilby-Oct. 25
Love your dad, Rod

Happy Birthday
Rodney, Jr.
Nov. 6
Love your dad, Rod

Happy Birthday
Anthony Frank
From all your friends at
Clinton Head Start

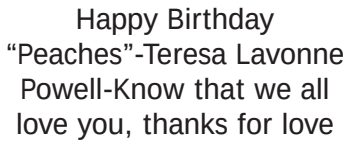
Happy 9th Birthday Faye Lee Beard
Nov. 13
Love, grandma Judy, David and all your uncles

Happy 7th Birthday Kaleb
Nov. 21-uur lil' scorpio. Thank you for the smiles and for being in our lives, we love you always "daddy"! From moma, Regi, Keaton and Powell families-make sure you protect your sister Regin always, grandpa

Happy Belated Birthday
Jeff Washee-Oct. 9
We love you uncle
Eileen, Miranda,
Destiny and Francesca

Happy 10th Birthday
Oct. 31
"Re-Rie"-Ms. Reginay Marie Powell
Know that everyone's celebrating your birthday on this day momas!
Love always, daddy, ne-ne, Duce, Regin, Anius
And the Powell and Judy families-Loving you and miss you always baby!

Happy Birthday
"Peaches"-Teresa Lavonne Powell-Know that we all love you, thanks for love frybread!
Love Regi and the Blackbear family forever.
Get well soon, I'll be waiting withg my snorkels and fins frybread!
Kingfisher originals,
Annet! Forever in our prayers



Wishing Yvette and Colette (the twins) Allrunner a Happy Belated Birthday-Oct. 26
Love all your family

This is to my home girl Precious Sharp-Happy Birthday. I am so glad to be back in Stillwater with you. Okay, smile!
Your friend
Danielle Blackwolf

Happy Birthday Elijah
Nov. 11
All our love, your mom, your daughters, Tiara, Arianne, Dariney and Madison and your wife-to-be, Amber

Happy Belated 20th Birthday to my beautiful daughter Samantha Marie WhiteCrow

Happy Belated Birthday
papa Tez Oct. 22
Know that we love and miss you always.
Until we meet again you are forever in our hearts, minds and prayers.
Love you papa! From Pebbles, P-Wee, pappy, moma Mary, Regi, Peaches and Chiefy.
Thank you for your love, thoughts and smiles-In loving memories always
Mr. Cortez Hudson Sr.

Happy 14th Birthday
William Lavern Dale Spotted Corn
Oct. 31, 1995
We love you very much!
Grandpa, grandma, also grandmas Vera and Connie
Go Carnegie Wildcats #65

See what happens when you've been a princess forever?

Happy Halloween from Irene Deer and family

I want to wish Happy Birthday to my nephew Jordan Parrish Blackwolf
Want you to know I have missed you. I am glad you're back home, but I want you to come and see me in Stillwater.
love ya always, auntie
Danielle Blackwolf

Happy 3rd Birthday
Bradley Austin
Nov. 10
You amaze us everyday, we love you more than words can say!!
mommy, daddy, and your bubbies!

Happy Birthday to one of the best sisters ever
Diane Willis-Nov. 14
Love, Judy

Happy Birthday
Keilani Tahah
From all your friends at
Clinton Head Start

Happy Birthday Mom
Arliss Washee
We love you
Jr. and Stacia

Happy Birthday
Robert Beach
From all your friends at
Clinton Head Start

Welcome Morning Dove (Dovie) Quezada born at 2:29 a.m. Sept. 8, 2009 at Canadian Valley Regional Hospital in Yukon, Okla. She weighed 8 lbs. 20 oz. and was 20 inches long.

Proud parents are Marion Redbird and Willie Quezada. Morning Dove has a sister and brother and a sister of the home, Elena Marie Quezada. Great grandparents are the late Vivian and Allen Redbird. Proud grandparents are Pauline Whitetail and James Daukei, Sr. of Watonga, Okla., Leslie Redbird and Wanda Pawnee of Concho, Okla. Irene Deer and Chiefy Deer of Kingfisher, Okla., Betty and Joe Romannose of Kingfisher and Virginia and Robert Woods of El Reno, Okla.

Help us to welcome Dovie to our family.

Guess Who I Am-Win $20

I am Cheyenne and graduated from U.C.O. I also have a nickname, what is it? I am talented in dancing in five different styles and I can sing like a bird.

Who am I? Call (405) 537-7737 for submissions

Winner will be announced Nov. 5, 2009.

Happy Birthday
AnnMarie Cometsevah
From all your friends at
Clinton Head Start

Happy 3rd Birthday
Kelvin A.D. Lime
Nov. 5
Love, grandma Judy, David and all your uncles

Happy Birthday
Joslyn Kay Jones
Nov. 8 – 7 yrs. old
Love your family
Joslyn is the daughter of Laura Jones, granddaughter of Lydia and Bill West and great-granddaughter of the late Marietta Sleeper White

Happy Belated 2nd Birthday to my lil' handsome grandson
Phillip Michael WhiteCrow
One day soon I will be there, until then always know you are loved and missed so much!
dad and grandpa
Jason WhiteCrow, Sr.

Happy 41st Birthday
Shannon Marie Hannah Damian
From Auntie Belle

This is to my baby sis Tracy Dulcie White.
I want to wish you a Happy Birthday and I love you, don't ever forget that. Your sis
Danielle

Happy Birthday JoJo
Illegal Toys, Lowrider Car Club, Low Life C.C. Majestics C.C., Bright Eyes, LaLa, and Mama Mousie

Happy Belated Birthday
Debby Lee "Diamond" WhiteCrow and Cheynna Nicole Red Hat
You both were born Oct. 16, one in 1981 and the other in 1995. That day Maheo said I'll send down two angels from my garden, not at the same time, but on the same day. They will both celebrate this day for the rest of their lives. Both will learn from each other and be close as real sisters can be. May Maheo keep you both in his loving embrace to live long spirited lives. We love you both
always, mom, Auoie, grandma and grandpa (Tweet and Lukes)
Shaynna and Jr.
The White Crow/Red Hat Families

Happy Birthday
Mitchell, my one love you're always in my heart, you're always
On my mind and when it all becomes too much you're never far behind.
There is no one who comes close to you nor can ever take your place. Only you can love me this way.
I love you, your Bambi

Childcare News

Submitted article

On Friday, Oct. 23, 2009 the Concho Child Development Center's pre-school class carved a huge Halloween pumpkin as a nutritional/educational learning experience.

As the children carved the pumpkin they took out the seeds and felt how squishy the inside of the pumpkin was.

The adventurous pre-schoolers sampled pieces of fresh pumpkin with the majority of the children enjoying the taste.

The children identified the color, shape, and texture of the pumpkin with some of the students stating it resembled the inside of a pineapple.

The class looked over a variety of patterns that could be used to carve the pumpkin and the class voted for their favorite one. The ghost in a graveyard design. Afterwards everyone ate homemade pumpkin bread. The children really enjoyed their Halloween pumpkin project.

Children love hands-on experiences in the kitchen and the Child Development Program would like to encourage families to incorporate healthy cooking and family nights as a weekly or monthly activity.

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Tribal GIS/GPS Technician
EPA Office

QUALIFICATIONS:

At least two years of technical related experience in the area of computer graphic software and hardware or environmental computer training. Ability to communicate and understand written and oral instructions to undertake mapping projects as assigned. Must be able to communicate to Indian and non-Indian communities, state, federal, local, and tribal groups. Prefer experience in computers, database, and GIS inventory systems. Preference will be given to experience with management information systems, database inventory, presentation, and problem solving methods. Valid state driver's license required. Extensive travel requiring reliable transportation. Cheyenne and Arapaho preference. Must pass pre-hire drug screen.

SALARY: Negotiable

Executive Secretary
Education Department

QUALIFICATIONS:

Computer literate. Pass drug screen. Valid Oklahoma driver's license. Knowledge of bookkeeping procedures and at least two years of college or associates degree with some accounting courses preferred. Be familiar with accounting software and web based applications.

SALARY: Negotiable

Carpenter Helper
Economic Development

QUALIFICATIONS:

Must have knowledge of machines and tools, including their uses, repair and maintenance. Must have knowledge of construction materials. Ability to accept immediate employment. Stable work history, dependable and conscientious. Successfully pass drug testing. High school diploma or GED required.

SALARY: Negotiable

Groundskeeper/Laborer
Economic Development

QUALIFICATIONS:

Ability to accept immediate employment. Ability to lift a minimum of 75 lbs. Ability and knowledge to operate light weight equipment. Must be physically fit to withstand various types of manual labor. Must have knowledge of landscaping, planting flowers and shrubs. Must have knowledge in the application of fertilizers, insecticides, herbicides and fungicides for pest control. Must have knowledge of the installation of plumbing fixtures, automatic flush valves and traps. Must have stable work history, be dependable and conscientious. Must have knowledge of general repair duties. Must have painting experience. Must submit to a background check and must have a high school diploma or GED and current driver's license.

SALARY: Negotiable

Farm Labor I
Farm and Ranch Program

QUALIFICATIONS:

Must be dependable and physically fit. Must be able to lift a minimum of 75 lbs. or more. Knowledgeable in operating farm equipment. Willing to work until daily tasks are completed. Must be able to work on-call. High school diploma or GED required. Must possess an Oklahoma driver's license. Must complete pre-hire drug screening.

SALARY: Negotiable

The Cheyenne and Arapaho tribal complex offices will be closed on Nov. 11, 2009 in observance of Veterans Day.

Ninth annual Golden Corral Military Appreciation Day - From 5 to 9 p.m. Nov. 16, 2009.

Echo Hawk

Continued from page 1

Howell said, making note that Echo Hawk is a Pawnee Nation of Oklahoma tribal member.

Walter Echo Hawk, Jr. introduced Larry Echo Hawk by saying the assistant secretary has a very big job that effects every tribe in the United States, and he visits tribal communities to learn about concerns and aspirations.

"I think it's a breath of fresh air for a better tomorrow," Walter Echo Hawk said. "I firmly believe Mr. Echo Hawk … is up for the task. Larry brings an incredible background, but above all he brings a heartfelt determination."

Echo Hawk, 60, was confirmed by the U.S. Senate on May 19, 2009 and sworn into office by Secretary of the Interior Ken Salazar on May 22, 2009 to become the 11th assistant secretary.

Some of his resume includes his work as a Bringham Young University law professor, Shoshone-Bannock tribes' of Fort Hall chief general legal council and Idaho attorney general.

Echo Hawk, former Marine, gave an emotional speech detailing his decision-making process to become assistant secretary. "He used the right words when he asked me," Echo Hawk said of Salazar. "He said 'your country is calling you into service.'"

He also shared his concerns and his opinions on how the U.S. government has treated American Indians throughout history. He said the federal government has "dark chapters" with American Indians and that history is why he hesitated to become the "face of federal government."

He said the one person who did not show hesitation in his becoming the assistant secretary was his wife Terry who told him, "We have to do this," he said.

Echo Hawk's voice trembled with emotion a few times during his address when personnel thoughts, feelings and concerns were shared. Most of the time, however, his speech provided a commitment to the future.

"We're working hard. We're working tirelessly. I am working hard for you, the people that are working for me are working hard for you," Echo Hawk said. "Many of the decisions I will make are tribe versus tribe. I will disappoint someone I love … I will do my best to follow the law as I see it."

The Pawnee Nation, Pawnee Nation College and the Crowe & Dunlevy law firm sponsored the conference. The agenda allowed Echo Hawk to hear concerns regarding tribal colleges, water rights, land into trust, gaming, youth, and concerns from Kansas tribal leaders.

"I need to know what the needs are and follow some basic principles and guidelines … I will do my best to listen, consult and collaborate," Echo Hawk said. "I will strive to be more responsive and friendly."

Cheyenne and Arapaho tribes Gov. Darrell Flyingman as well as legislators Mike Martin, Robert Wilson, Ida Hoffman, Patrick Spottedwolf and Bruce Whiteman, Jr. were in attendance.

By the CADOE Language Program - "Author Unknown"

Language is not a game. Language is not a contest. The only time you are speaking your Indian language wrong is when you are not attempting to speak it at all. We don't have time for people to criticize. Don't criticize pronunciation. Don't criticize dialect. We are in tight times now. When people say it is going to take time … the response is simple. You are right, 500 plus years has been a lot of time, now it is time to stop talking and start doing. Language is not negotiable.

Information

Continued from page 4

The Rochville Web site, www.rochvilleuniversity.org, states the Board of Online Universities Accreditation (BOUA) and the Universal Council for Online Education Accreditation (UCOEA) recognize them. Rochville lists itself as an online institution.

In Dorsett's court document exhibits she provides a list of recognized accreditation associations by the U.S. Department of Education, Office of Post Secondary Education, and the Directory of Council for Higher Education Accreditation Recognized Organization. Neither BOUA nor UCOEA are listed. They are listed, however, on www.credentialwatch.org, as unrecognized accreditation associations, according to exhibit 12 of the court documents.

Rochville is listed on www.affordabledegrees.com stating that students can "earn an affordable accredited degree with no studies, no waiting, no attendance, no examination, no hefty fee, for as little as $199 in just 14 days," according to exhibit 13.

Dorsett states in the document that on Oct. 19, 2009 Mr. Dale Hamilton informed her that he "petitioned the Election Commission on or about Oct. 16, 2009, as to the legitimacy of lieutenant governor candidate Nelson Clark's degree." The court document states, "Mr. Hamilton informed the plaintiff that he did not receive an answer from the election commission as to his inquiry, however 'heard' that the election commission did not act in his favor." Dorsett does not state the official outcome of Hamilton's petition in the court document.

Dorsett ends her court document by asking that, "a decision be rendered on how to best proceed with a fair and impartial election for the governor and lieutenant governor and legislative seats for the Cheyenne and Arapaho tribes. Plaintiff has shown a likelihood for success based on the merits of the claim and would suffer irreparable harm if the court should not grant the relief requested."

The civil summons from Dorsett notifies Blackbear that he has 20 days from Oct. 20, 2009 to file an answer.

EDITOR'S NOTE: No other information regarding Case No. CIV-2009-0108 was submitted to the Tribune aside from the above information. The Tribune called Fred Blackbear at 11 a.m. Oct. 28, 2009 to ask if information regarding a persons' degree was deemed confidential. Blackbear said, "That's a legal question and I'm not a lawyer." Blackbear freely explained his side of the court document, then said "no comment, it'll be settled in court," then continued to elaborate and answer questions. He said Teresa Dorsett did not file a written challenge or protest before the allotted time and the case has since been moved to the Supreme Court. Blackbear said he has not filed his answer to the petition, but will do so within the time period given.

The Tribune also spoke to Nelson Clark in person on Oct. 28, 2009 to verify if he earned a degree from an accredited university. Clark would not tell the Tribune where his degree is from, when it was earned or what type of degree he has. Clark said he had a "good degree," but could not speak anymore about it "since it's in court." He said now it is up to the court to decide whether or not the degree is good.

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
POST OFFICE BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
FILED
OCT 08 2009
COURT CLERK

In The Matter Of The Application Of:
KEANU ELI HAMILTON
DOB: 04-01-93 ROLL #11940
KEIFER SCOTT HAMILTON
DOB: 02-27-94 ROLL #12222
To Change Their Names
Minor Children

Case No: CIV-2009-0095
CIV-2009-0096A

AMENDED
NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: FRANCIS KEITH HAMILTON, II

TAKE NOTICE, that Stephanie Rochell Birdshead has filed in this Court a Petition For Name Change Of Minor Children, as follows, to wit:

from **Keanu Eli Hamilton** to **Keanu Eli Birdshead**
from **Kiefer Scott Hamilton** to **Kiefer Scott Birdshead**

and that the same will be heard by the Cheyenne and Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 700 Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, 73022, on the 17TH day of NOVEMBER, 2009 at 9:00 A.M. and that you may file a written protest in the case, prior to the date set for the hearing.

Witnessed my hand and seal of this Court this 7th day of October, 2009.

Lena Marquez, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Ms. Stephanie R. Birdshead
503 South Kathy Drive
Tecumseh, OK 74873

Tribal member Sherry Wells shares a letter she found from her brother Nelson Wolfchief, Jr. The letter was sent while her brother was in Vietnam and is postmarked Jan. 8, 1968. Wells said she saved the letter all these years. "It's sentimental to me," she said. "It's the only thing I have left of my brother."

OBJECTIVE: SEEK-AN-ENGLISH-WORD

PROCEDURE: Distribute copies of the following scramble. Circle answers horizontally, vertically, diagonally, forward or backward.

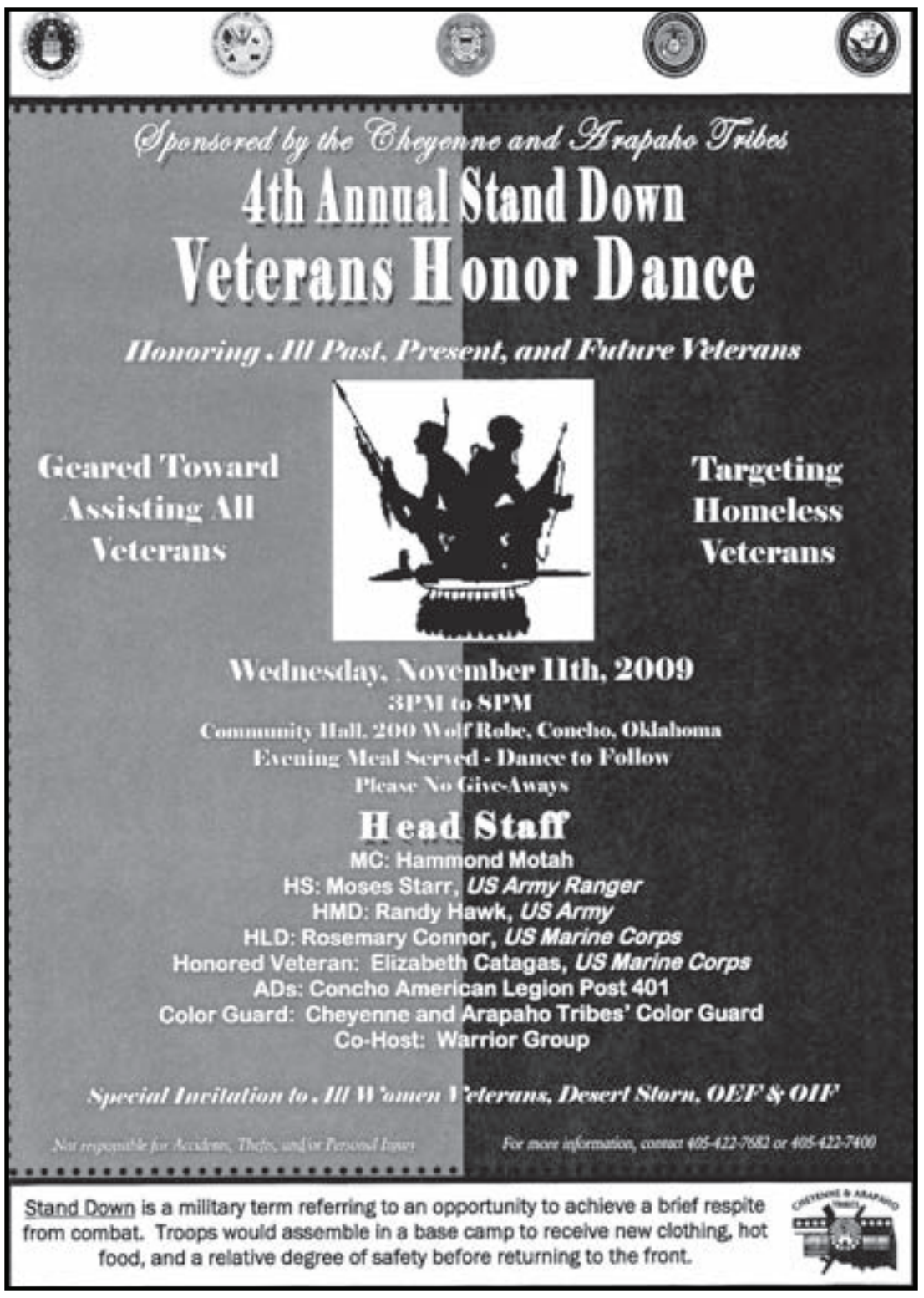
B E E O H O K B L A C K B E A R Y E O B X B
W U I I 3 G R E A S E U X Y E W T S T I B E
B W N E T X O Y O U W U T X O U E H N R G A
F I W U E O H G D O G S I N B S I A H D Q V
R X I 3 E T E I O U W Y A U T X O D B Y X E
U W N G R I Z Z L Y X B C E I O U O T N H R
I U I X E T Y I O T W R T C I W E W X H E S
T N U S O Q T C W T A O W E X T Y B H U I O
O T 3 O U X C T U E W T H C U O D O O R N E
T F F E S H K M B N Q Z I Y W X A D L P U H
Z C R W H K R P Q S L M T X T A C G M K G E
X K O U P A X G A P I C E C R E A M V U K F
U C G T V Q C R E P X G M A R T U O I L G O
W V G S A O U M N R A V A X G K L Q V N O G
I T ' S H O R N Q L O M N R U B O N E S Q P
A N T E L O P E I E M E H W O A Z Q G E V W
P G C O W S C A L F H Z Q G 3 S E H S A B T
Y A G Q P C E R H T E L E P H A N T K M Z Y

(Arapaho Words)

1. nowóó3
2. tooyóówu'
3. nih'oo3oo
4. béteetox
5. nóóxobe'
6. hiniinis
7. nonookuncocct
8. hiihinoot
9. he3ebii
10. be'énoo
11. cehitec
12. honóókowúúbeet
13. tecénoo
14. wóókecii
15. wookeciioo
16. hixóno
17. wo'otéénox
18. nii'eihii
19. koh'ok
20. hébesii
21. wóxuusoo
22. hohe'noox
23. ce'i3ee
24. bet663oo
25. nisíce

(English Words)

1. left
2. ice cream
3. whiteman
4. ten
5. frog
6. born
7. grizzly
8. fruit
9. dogs
10. fog
11. grease
12. elephant
13. door
14. cows
15. cows calf
16. bones
17. black bear
18. bird
19. bee
20. beavers
21. bear cub
22. ax
23. ashes
24. shadow
25. antelope


Sponsored by the Cheyenne and Arapaho Tribes
4th Annual Stand Down
Veterans Honor Dance
Honoring All Past, Present, and Future Veterans
Geared Toward Assisting All Veterans
Targeting Homeless Veterans
Wednesday, November 11th, 2009
3PM to 8PM
Community Hall, 200 Wolf Robe, Concho, Oklahoma
Evening Meal Served - Dance to Follow
Please No Give-Aways
Head Staff
MC: Hammond Motah
HS: Moses Starr, US Army Ranger
HMD: Randy Hawk, US Army
HLD: Rosemary Connor, US Marine Corps
Honored Veteran: Elizabeth Catagas, US Marine Corps
ADs: Concho American Legion Post 401
Color Guard: Cheyenne and Arapaho Tribes' Color Guard
Co-Host: Warrior Group
Special Invitation to All Women Veterans, Desert Storm, OEF & OIF
Not responsible for Accidents, Thefts, and/or Personal Injury
For more information, contact 405-422-7682 or 405-422-7400
Stand Down is a military term referring to an opportunity to achieve a brief respite from combat. Troops would assemble in a base camp to receive new clothing, hot food, and a relative degree of safety before returning to the front.

CHEYENNE AND ARAPAHO VETERANS

Compliments of the
Cheyenne and Arapaho Tribal Tribune

William “Bill” Lonebear
U.S. Army
Thomas, Okla.

Zachary Whiteshield Limpy
U.S. Army
Seiling, Okla.

Archie Anthony Blackowl
U.S. Navy
Oklahoma City

Ardena Blackowl Rodriquez
U.S. Air Force
San Antonio, Texas

John D. Rodriquez
U.S. Navy
San Antonio, Texas

Robert M. Rodriquez
U.S. Navy
San Antonio, Texas

Armor David Brown
U.S. Army
Washington, D.C.

Barry Whiteman
U.S. Marines
Oklahoma City

Bill Pratt
U.S. Navy
Carlton, Okla.

Bruce Whiteman, Sr.
U.S. Army
Seiling, Okla.

Carl Monroe (Keg) Nowlin
U.S. Army
Canton, Okla.

Clifton Ellis
U.S. Army
El Reno, Okla.

Dana D. Wilson
U.S. Marines
Ponca City, Okla.

Daniel Whiteman
U.S. Army
Seiling, Okla.

Eddie Henry
U.S. Army
Clinton, Okla.

Edward Curtis
U.S. Army
El Reno, Okla.

Edward P. Wilson
U.S. Army
Norman, Okla.

Eugene Blackbear III
U.S. Army
Watonga, Okla.

Frank Cometsevah
U.S. Navy
Clinton, Okla.

Frank Seger
U.S. Army
El Reno, Okla.

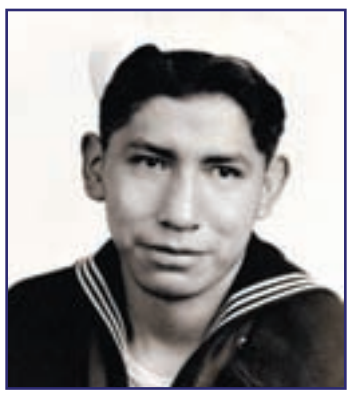
Frank Whiteman, Sr.
U.S. Air Force
El Reno, Okla.

Irene Whitetail-Mendivil
U.S. Air Force
Phoenix, Ariz.

James John (JJ) Black
U.S. Army
Watonga, Okla.

Jamie Plummer-White
Rezendez
U.S. Air Force
Clinton, Okla.

John T. Levi, Jr.
U.S. Army
Green Valley, Ariz.



Kenneth Chester
Lumpmouth
U.S. Navy
Colony, Okla.

Marvin Wilson
U.S. Army
El Reno, Okla.

Michael Dean Hart
U.S. Marines
Phoenix, Ariz.

Sonja Anne Brown
U.S. Army
Eugene, Ore.

Angelo Sleeper, Sr.
U.S. Army
El Reno, Okla.

Thomas W. Nowlin
U.S. Air Force
Colony, Okla.

Melvin Whitebird
U.S. Marines
Kingfisher, Okla.

Melvin Whitehat
U.S. Army
Claremore, Okla.

Wilbur L. McKeegan
U.S. Air Force
Hallettsville, Texas

Adrian Cross
U.S. Army
Billings, MT

Virgil Franklin, Sr.
U.S. Navy
El Reno, Okla.

Living one day at a time

By Ruby Tiger

I was diagnosed with breast cancer in 2000. I had a mastectomy on my left breast.

Cancer was there, but it did not get in my lymph nodes and I did not have chemotherapy or radiation. I was on a pill called Arimedex for six years.

I am glad I noticed the small lump and had it checked as soon as possible. I had the support of family and friends. I took care of my illness by continuing my daily activities, exercising, walking, medication and good nutritional diet.

When you first hear you have cancer, you go through emotional changes, uncertainty about the future, changed expectations and goals and sometimes depression.

At this time, today, I have another cancer illness. I fell, broke my left arm humerus. After doing physical therapy for my arm, the doctor decided to check my head. The test showed I have multiple melanomas, bone cancer in my skull and upper arms.

I see my doctor at Cade Cancer Center at the University of Oklahoma (OU) Medical Center in Oklahoma City.

I will not be doing bone marrow transplant or chemo and radiation at first. I am taking a new cancer pill called Melphalan daily and have been since August 2009 and now October, another pill, ten pills, every Wednesday for three weeks each month.

I have lab work done weekly. I had to have dental work, one tooth filled, cleaning and new bridge work before the doctor could give me Zometa IV injections once a month staring in November 2009.

So far the only real problem, side effect I have is fatigue. It keeps me from doing things I would like to do. I have established a good relationship and communication with my doctor and her staff. I write down my concerns and specific questions before I see her.

I live and enjoy each day one day at a time. Because of my faith I am not afraid of death. I know I'll be asleep and hopefully resurrected. I know what lies ahead in the very near future.

Ruby Tiger

H1N1

Continued from page 1

ing appointments only.

Vaccinations for the H1N1 virus have been a slow process due to the widespread nature of the virus. Limited supplies of vaccinations are continuing to filter into Oklahoma.

"We have been slowly receiving the live virus flu mist and some intravenous shots here in Clinton and at the El Reno and Watonga Indian Clinics, but we have no where near what we need yet," Nickel said.

She said the medications they have received so far have gone to children who are high risk and pregnant women.

At the El Reno Indian Clinic, Leann Pope sat with her daughter, Alex Montez, 8, waiting to be tested for the H1N1 virus.

"Alex got sick a week or so ago, running a fever, but it only lasted a day or so and then she was better, but then a couple of days later she got really sick … scary sick and I got her here as fast as I could," Pope said.

She said that Montez goes to school at Rose Witcher Elementary School in El Reno, Okla. and she had been contacted about several students in Montez's class having the H1N1 virus.

The recurring question posed to health care workers has been if the H1N1 virus can be contracted more than once. Nickel said a person could contract the virus more than once, usually within a few months of the initial sickness, due to the mutation properties of the H1N1 virus.

"This virus can mutate itself several times from person to person, each time becoming more and more aggressive," Nickel said. "The best thing I can tell any patient who is sick is to stay home, don't infect others by going to work or school, get lots of rest and drink lots of water. The best defense is washing hands and keeping mouths covered if coughing and definitely stay away from anyone if running a fever."

In the state of Oklahoma there have been 685 hospitalizations and 14 deaths as of Oct. 17, 2009, according to the Oklahoma State Department of Health (OSDH) statistics.

The latest death, Natesha Hart, 13, was on Oct. 27, 2009. Hart had been at the University of Oklahoma (OU) Medical Center/Children's Hospital for the last month, Allen Poston, OU hospital spokesman, said.

A week prior to Hart's death, an Ardmore Middle School student in Ardmore, Okla., Landry Swanson, 10, died as the result of the H1N1 virus.

"Landry will be very missed, he was very bright and an energetic boy. We have grief counselors on-hand and I guess everyone is doing as well as can be expected," Kristie Jessop, Ardmore Middle School principal, said. "Landry was sick with the flu and seemed to get better … then he became very ill again with bacterial meningitis and died."

Schools across the state have been reporting daily to the OSDH regarding absences due to the H1N1 virus.

One of these schools, Darlington School located in El Reno, Okla. has reported ten students confirmed with H1N1 flu.

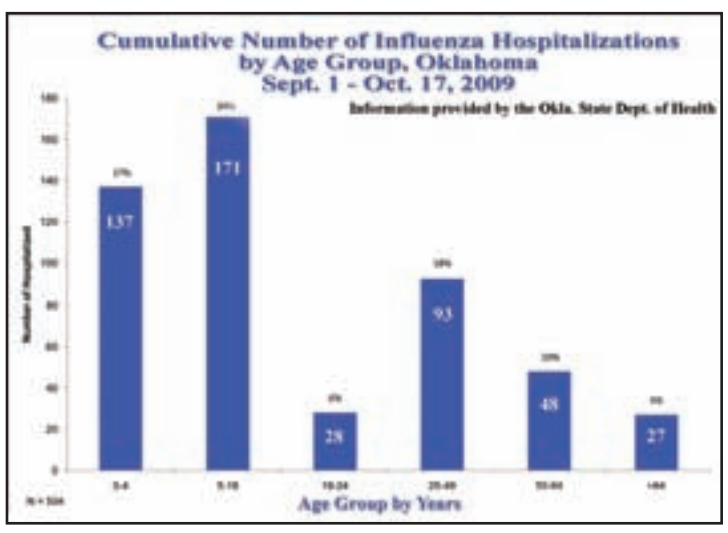
"We require a student to be fever free for at least 48 hours before returning to school," Gina Wilkerson, Darlington School spokeswoman, said. "All schools are required to report absences due to the H1N1 flu to the OSDH on a daily basis. We are averaging ten to 15 students absent per day right now, but those are routine absences such as doctor's appointments and things like that … not all are related to the H1N1 virus."

Emergency warning signs for children that may indicate medical attention include fast breathing or trouble breathing, bluish or gray skin color, persistent vomiting, and flu-like symptoms that improve but return with a fever and a worse cough.

Emergency warning signs for adults are difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe vomiting, and flu-like symptoms that improve but return with a fever and a worse cough.

The OSDH recommends frequent washing of hands and sanitizing workspace areas such as keyboards, telephones, and doorknobs. They strongly urge all people who are sick to stay at home and for all parents to keep children at home from school when ill.

To contact the Oklahoma H1N1 hotline call (866) 278-7134. To locate public clinics distributing the H1N1 shots by counties visit www.ok.gov/health/disease.



Lucky Star Casino

CLINTON 101 N. Indian Hospital Rd.

CONCHO 7777 N. Highway 81

An Enterprise of the Cheyenne and Arapaho Tribes

For more information visit LuckyStarCasino.org

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